

...er? I have a big paper due and I
...ends are going up to the mountains.
...e party? I have the biggest game of the season today.
...posed to call. What am I going to eat? I have a
...It's Thursday Thrills night in the pub.
...been at college? I'm definitely
...d to snow tonight. Did I get any
...ODES ON TELEVISION.
...ap. I think I am coming down with the flu.
...shopping. I haven't slept in two days.
...mining. I am supposed to meet
...ow do I weigh out the options?
...VE OF COMMUNITY SERVICE ON SATURDAY.
......THIS NEXT WEEK. WAS BORING
...class. Do I have any other choices?
...Wonder scale. I've been thinking
...I'm going in there and I'm like a wife
...me to go. "I call in sick and I wish that paper
...is so hard to read. I HAVE
...EAD! I'M GOING TO READ! I HAVE
...I'M GOING TO READ! I HAVE
...all time do I have class?
...is mad at me. I'm starting to feel
...Life is a balancing act.

Measuring Up • Pages 8-39

Weighing Options/A Larger Scale • Pages 40

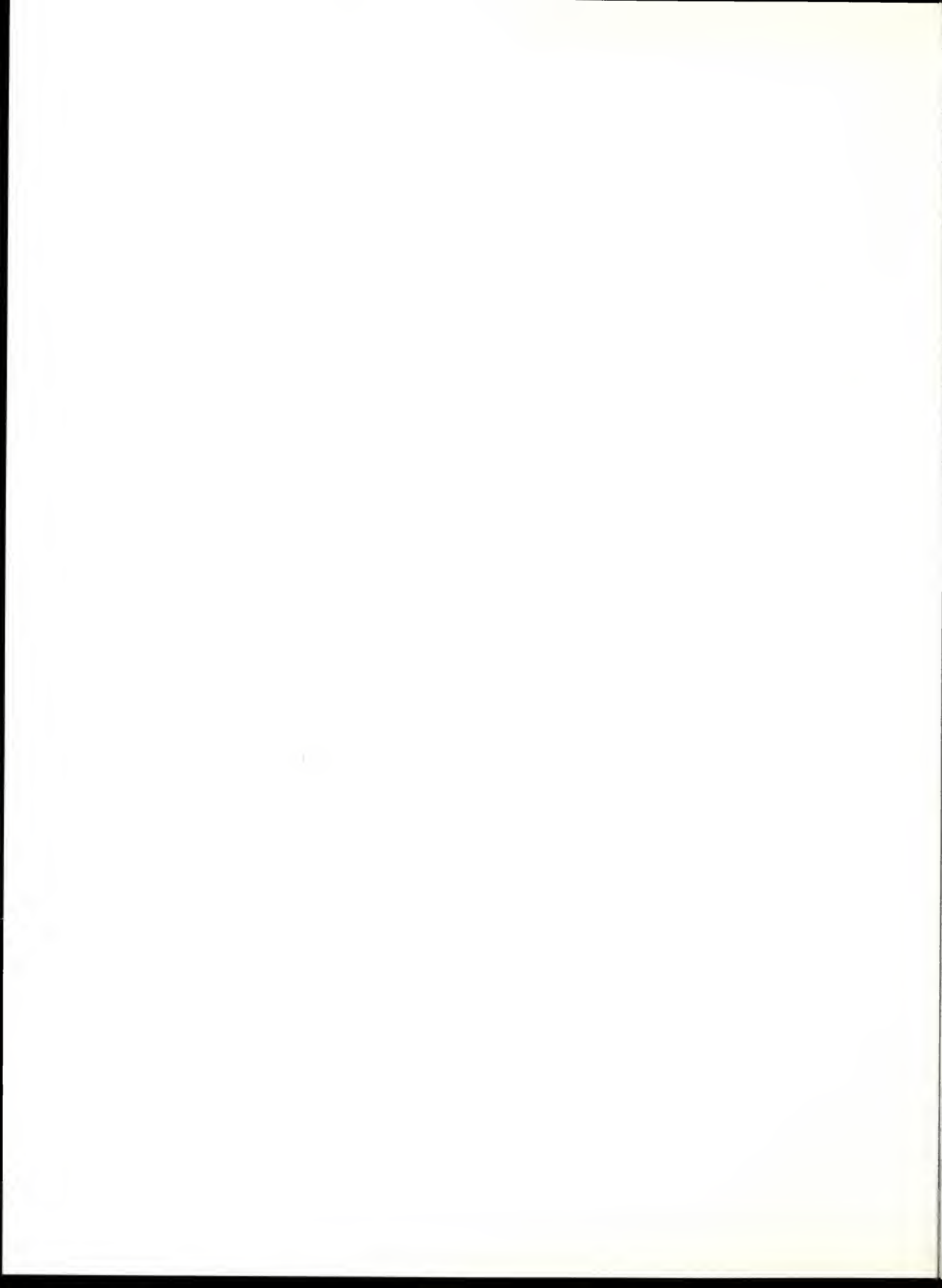
**Student
Body**

**Student
Life**

Carrying The Load • Pages 88-115

Tipping The Scale • Pages 116-149







Casino Night during Parents' Weekend

2000 RANGER YEARBOOK

R E G I S U N I V E R S I T Y

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A Balancing Act

In the 1999-2000 academic year, we found ourselves straddling two millennia. “Out with the old, in with the new” had significantly more meaning on New Year’s Day than it usually does, as we discarded old numbers, technology that had become obsolete in just a few decades, and phrases such as “come on, it’s the 90’s.” We adopted new catch phrases like Y2K, millenium, and even the Apocalypse.

We all know now that the world did not end as the numbers rolled over to 2000. Life went on as usual...students went to class, tests were given, athletic teams still played their games, and people still wore jeans and Nikes—not metallic space-travel suits.

Perhaps the year had more significance because the world events more closely reflected our personal lives. How much weight is given to school, work, sports, family, PAC meetings, friends, and roommates has always been the challenge that students face on a day-to-day basis. Trying to find equilibrium isn’t easy. How do we strike a balance between the time we spend on new relationships and the time we spend on old homework? How do we negotiate our need for sleep with our need to party? Which way does the scale tip—to studies or to social lives? Sometimes it feels like we are constantly on a precipice or that the clock is running out.

As individuals, different aspects of life must be juggled. If the right amount of time is not given to all aspects, life can get out of control. **Life is a balancing act**—what will you choose?

Students enjoy the warmth of the bonfire during the kick-off for Homecoming week.

Photo by
Britta
Morris

By Jennifer Utt

Summer vacation means different things to each individual. For some, it is a chance to relax, take a vacation, or veg out in front of the television. For others, it is a chance to score extra cash with a summer job. Still others find enjoyment through offering time to their com-

S U M M E R

munities, either in a volunteer activity or in an internship.

For those taking advantage of the summer months in a genuine vacation, there were plenty of chances for fun. Whether a camping trip to a lake, a voyage overseas to a foreign culture, or a road trip, students found an assortment of activities to take their minds off their academic and career goals. "The nude beaches were awesome in Italy," said freshman Chris Bettis. Junior Cristina Borelli said, "Lake Powell is one of the most beautiful and inspiring places that I have ever been, and it was wonderful to be there with my best friend."

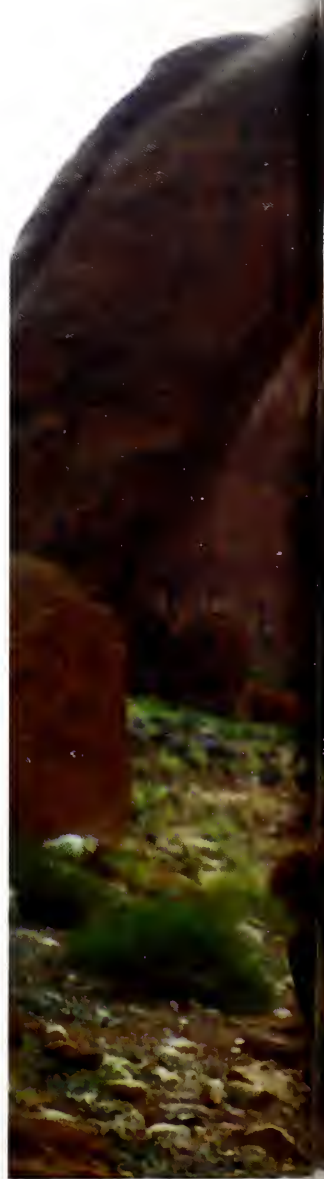
Those who chose to work full time over the four month

Continued on page 7...

By Mike Thomson, Morgan Mikkelsen, and Jennifer Utt

Sophomore Mike Thomson on Lake Havasu during the 4th of July weekend. "I definitely want one of these things for Christmas!" Photo by Josh Heller

Sophomore Sarah Unger and Junior Cristina Borelli enjoyed their summer at Rainbow Bridge in Lake Powell. Photo courtesy Sarah Unger





Sophomore Todd Haley, junior Web Browne, junior Nick Domenico, and junior Jeff Martin hung out at Trinity College in Dublin Ireland. Photo courtesy Victoria McCabe

Freshman Leland Davenport near a temple in Japan (bottom picture). Photo by Tim Davenport



Junior Allison Wilbur and senior Molly Frenking relax in front of a triumphal arch near the Roman Forum. The women participated in the Italy trip sponsored by Summer School. Photo courtesy Joe Giacalone

Sophomore Melissa Beaudoin spent part of her summer in the Sand Dunes in southern Colorado. Photo courtesy Melissa Beaudoin



Students in Dublin, Ireland, along with Councilman Gallagher and Dr. McCabe, at the gravesite of the Jesuit poet Gerard Manley Hopkins. Photo courtesy Victoria McCabe

Sophomore Amanda Holm window shopped in San Gimignano, a hill town in Tuscany. Photo courtesy Joe Giacalone



Continued from page 4..

break engaged in jobs ranging from child care to computer or retail work. This time gave students a chance to temporarily break free from the economic depression experienced by most college students.

Others used the summer as a pure vacation and a chance for inactivity. Freshman Ryan Johnson said he had a "lazy summer full of parties because they were a last chance to see all my friends before leaving for college." Freshman Jeff Camalick said, "I enjoyed the streets lined with food as well as the music for the Taste Of Chicago. It was awesome. I saw and heard music by Lynyrd Skynyrd and Joe Walsh."

Finally, those who sacrificed the vacation time and monetary gains discovered opportunities for community service. Volunteer activities such as coaching a little league team, helping out at a soup kitchen, or helping children at a summer camp gave students a chance to expand their horizons and build strong community relations.

Regardless of what one decided to do during the summer, the four months were a relief from the demands of the academic year. Unless, of course, one chose to attend summer school. Sophomore Julia Flauaus described her summer as, "Too much time, nothing to do. Is it time to go back to school yet?"



Measuring Up



Getting your picture taken can be a painful experience. Almost as many students chose not to get their picture taken as those who did. Those students who did show up, like freshman Jennifer Pablos had to look the machine in its glass eye and be counted.
Photo by Andy Schilling

If one day all of the students decided not to show up, imagine what would happen: administrators would have no one to supervise, teachers would be talking to themselves, and there would be empty dorms wasting space. Without students, Regis University is not a proper institution. The fact that the teachers do teach means that the University has been a success. But it seems as though when the students arrived at the beginning of the year, the competition began. We compete for grades, space, recognition, and futures. To the students it is not just about showing up; it is all about measuring up.

By Andy Schilling

"To study or
not to
study?" That
is the
question
students must

STUDY HABITS

All night study sessions, last minute crams and caffeine overdoses are all things that we experience throughout our college lives. Different students have different study habits. Some things work for some, but not for others. But one thing is for sure, college is about studying.

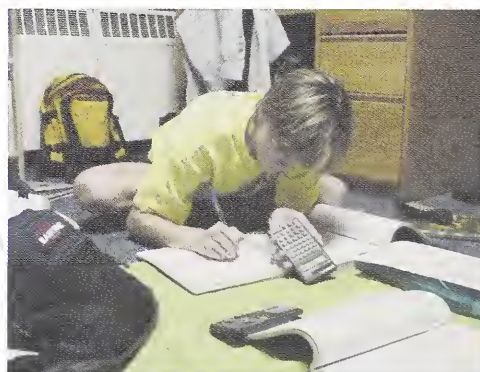
Junior Meghan Loftus mainly studied while at her work-study job in Student Activities. She also said that she studied a lot more than she did when she first came to Regis. When it came to studying, senior Todd Emo believed that everything can be learned the night before a big test. Emo said that his study habits changed from his freshman year to his senior

decide. Can we measure up if we skip homework?

that she studied when nothing is going on in her social life. She said that

year: "I study a lot more than I used to, but now I don't care as much." Junior Nadia Reyes said

Sophomore Sarah Unger said, "As busy as things get and as tedious as homework can be, it can sometimes be relaxing to do some studying by myself." Photo by Jennifer Utt



she is a more organized student than she used to be and she knows what not to do. "You don't need to read the whole book, just the cliff notes," stated Reyes.

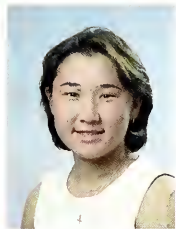
Whether it is all day or all night, alone or with a group, studying is a part of every college student's life. The toughest part is trying to balance a social life with the studying classes require.



Junior Kevin Berman researches for class on the computer in the library.
Photo by Jennifer Utt

By Steve Wagner

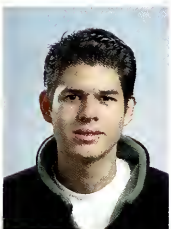




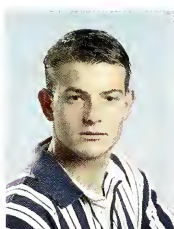
Margaret Ahlberg
Kim Aikins
Tracy Anspaugh
Yuko Aoyagi
Allison Armstrong
Anne Austin
Eric Avery



Deborah Bacon
Shawn Bakker
Kate Balasa
Steven Bentz
Nicole Bosunga
Sylvie Bosunga
Pat Brendenberg



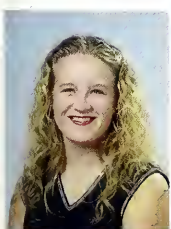
Patrick Buell
Amy Bunch
Chris Carr
Jason Carrithers
Kristen Clingan
Brian Cox
Jen Coyne



Michele DeCianne
William Dicks
Kristina Dorenbos
Elizabeth Eden
Todd Emo
Jared Enriquez
John Feely



Erin Fehringer
Grace Gacek
Craig Gamble
Scot Gause
Leigh Gettman
Justin Glasmann
Blythe Gorman



Christine Grimes
Dan Hamann
Angela Hawkins
Sandia Hayes
Chris Heidmann
Nicole Hemschoot
Bridgette Herbert

Julie Hitzges
My Hoang
Becca Isaacson
Andrew Jarrett
Tarik Kabil
James Kaferly
Katy Kelsh



Brian Kerby
John Koumantakis
Bret Kramer
Mike Kramer
Phuong La
Shana LaBarre
Natalie Langworthy



Christopher Lichy
Barbara Linnebur
Doug LoBeck
Elizabeth Lopez
Luke Luchini
Kristen Lurick
Jared Martin



Aaron Matley
Candle Maulin
Sean McDonald
Christopher McRickard
Alma Meeker
Geoffrey Meish
Todd Morris



John Muir
Kitty Nangle
Thom Nguyen
Patti O'dello
Josh Olsen
Melissa Padilla
Adam Pavlakovich



Kiley Perrich
Phil Pierce
Natalie Pyle
Jeff Quintana
Dave Radford
Rhannon ReVello
Jennifer Roberts



Things Change: Then & Now

Majors, minors, years, the times, boyfriends, girlfriends, best friends.

Freshman year at World Youth Day in Paris, France. Now seniors: l to r: Jennifer Stapleton, Jenny Snyder, KaBao Cha, John Feely, Angela Hawkins, and Julie Hitzges. Photo by Mary Cook

Then Mark Ware had long hair; now, as a senior, it's short. Photo courtesy of Mark Ware



As freshmen, they were good friends and now, they continue to be: seniors Chris Heidmann, Elizabeth Eden, and Steve Wagner. Photo by Angela Hawkins

These are all things that change throughout a college career. Some of the changes that this

year's seniors have seen include the new Dayton Memorial Library, the no smoking policy in the residence halls, and the changes in snack bar and

cafeteria food. Here are some of the things that you remembered changing in your college career here at Regis.



Senior Angela Winn said, "Then: dorm life; Now: apartment life." Senior Christine Grimes reminisced: "Then: class, eat, study, sleep. Now: sleep, eat, drink, sleep." Senior Nicole Noller said, "Then: Crickets on 2nd and 3rd floor DeSmet. Now: DEAD!"

By Angela Hawkins

Future- n. 1.
the indefinite
time yet to
come. 2.
something
that will
happen in
time to come.

PREPARING FOR THE FUTURE

3. chance of
success or
advancement.

As each year goes by and students get older, they become more aware of what the future holds. Students start to prepare by taking certain classes and internships. They start looking for jobs and start saving money. They become involved with certain clubs and volunteer work. They want to be well prepared.

Senior Becca Isaacson prepared for the future through Romero House and her internship at Craig Hospital. By majoring in neuroscience with a minor in kinesiology, Isaacson is studied to be a physical therapist. Isaacson always knew she wanted to have an occupation

House has helped with her goal of serving other

in the medical field. She has always wanted to help others. Her involvement through Romero

Senior Becca Isaacson helped a physical therapy patient with his exercises in the pool during her internship at Craig Hospital.
Photo by Britta Morris



people.

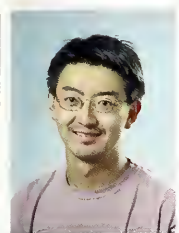
Students are always preparing for the future. Whether it is in school, internships, clubs, sports or volunteer work they are getting ready for what lies ahead of them.



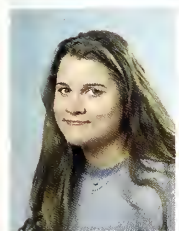
Senior Anne Austin had an internship at KIMN radio working on publicity. She often went into the radio booth to work with the DJ's. *Photo by Jennifer Utt*

By Ruby Veniegas





Rebecca Russell
Jose Sanchez
Toshio Sato
Katie Savant
Michael Schmidt
Jana Secord
Wally Sheata



Nicole Smith
Patrick Smith
Shannon Smith
Tashka Smith
Nick Som
Jennifer Stapleton
Amy Streeb



Jana Stubbs
Ben Swartzendruber
Susan Talley
Chris Vialpando
Andrea Vogt
Steve Wagner
Regan Walsh



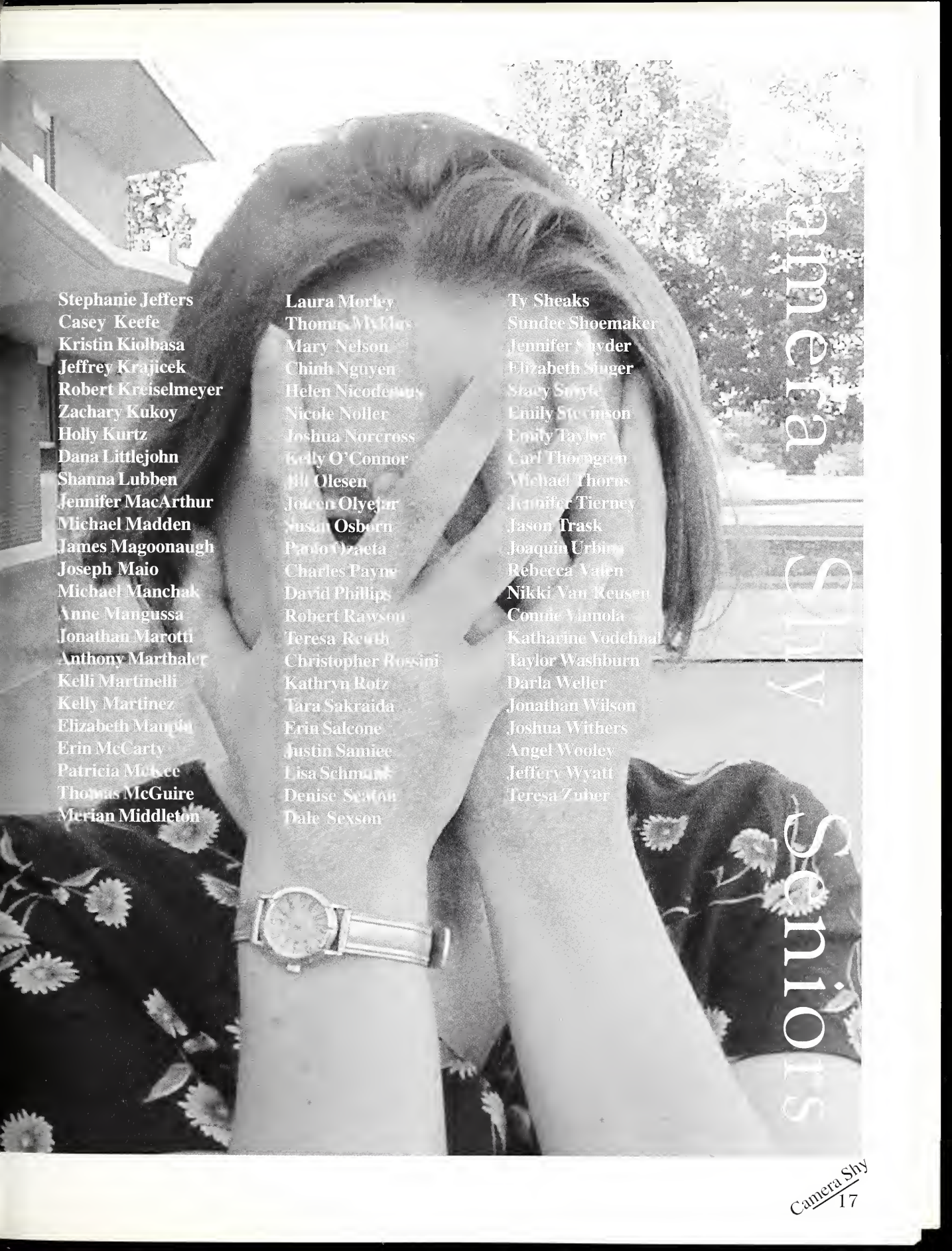
Mark Ware
Heather Watts
Christina Weiser
Karen Wilwerding
Mike Wimett
Angela Winn
Erik Wunderlich

Camera Shy Seniors

Chrissy Allgeier
Lucy Arritt
Elizabeth Atencio
Laura Beason
Shanti Beckman
Donald Bevsek
Alejandro Blake
Nestor Bondoc
Bryce Borders
Pamela Boyer
Anne Brack
Kristy Brautigam
Timothy Brender
Suzanne Bristol
Karl Buck
Robin Burgan
Anne Burke
Michael Bussmann
Mitzi Cade
Amy Camblin
David Carey
Carla Carrubba
Darcell Carter
Erin Cassidy

Ben C. Cline
Laurie Cline
Christine Cline
William C. Cline
Zachary Cline
David Cline
Kim Cook
Chad Cornelius
Christine Cox
Kenroy Crawford
Coby Croft
Michele DeFeo
Sherry DeNileon
John Dillard
Ana Dionido
Marilyn Dishmon
Nicole Doornik
Christopher Dundon
Michele Eccher
Stephen Eichelberger
Michael Ellison
Ashleigh Enriquez
Frank Falconer

Katherine Fattor
Noelle Fedorowicz
Tiffany Fehringer
Carla Fey
Mary Frenking
Glenn Futerfas
Michael Gabriel
Mariquita Gallegos
Gena Gaurmer
Yvonne Gil
Cyril Glastetter
Judy Goston
Mesha Gough
Lynne Goyette
Rachel Gregory
Jodeane Grippa
Brett Gunter
Susan Hammond
Geoffrey Harper
Michelle Harrod
Tanya Hawthorne
Kimberly Hoffman
Nicole Hoffman
Sean Hoffman



Stephanie Jeffers
Casey Keefe
Kristin Kiolbasa
Jeffrey Krajicek
Robert Kreiselmeier
Zachary Kukoy
Holly Kurtz
Dana Littlejohn
Shanna Lubben
Jennifer MacArthur
Michael Madden
James Magoonaugh
Joseph Maio
Michael Manchak
Anne Mangussa
Jonathan Marotti
Anthony Marthaler
Kelli Martinelli
Kelly Martinez
Elizabeth Maupin
Erin McCarty
Patricia McKee
Thomas McGuire
Merian Middleton

Laura Morley
Thomas Mykles
Mary Nelson
Chinh Nguyen
Helen Nicodemus
Nicole Noller
Joshua Norcross
Kelly O'Connor
Bill Olesen
Jocelyn Olyett
Susan Osborn
Pablo Ozaeta
Charles Payne
David Phillips
Robert Rawson
Teresa Reuth
Christopher Rossini
Kathryn Rotz
Tara Sakraida
Erin Salcone
Justin Samiec
Lisa Schmanke
Denise Seaton
Dale Sexson

Ty Sheaks
Sundee Shoemaker
Jennifer Snyder
Elizabeth Singer
Stacy Smyke
Emily Stecminson
Emily Taylor
Carl Thomgren
Michael Thorns
Jennifer Tierney
Jason Trask
Joaquin Urbina
Rebecca Valen
Nikki Van Reusen
Connie Vannola
Katharine Vodehnal
Taylor Washburn
Darla Weller
Jonathan Wilson
Joshua Withers
Angel Wooley
Jeffery Wyatt
Teresa Zuher

Camera

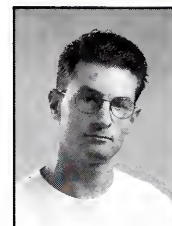
Shy

Seniors

Freshman Michael Allen
 Freshman Lisa Arling
 Freshman Jill Armetta
 Freshman Corey Arthur
 Sophomore Courtney Babcock
 Freshman Shawn Bailey



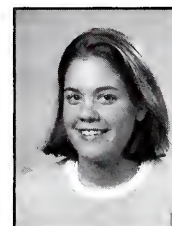
Freshman Ashley Ballard
 Sophomore Nadine Banks
 Freshman Reeve Barker
 Freshman Dan Bauer
 Sophomore Melissa Beaudoin
 Sophomore Tiffany Behunin



Freshman Cody Beiriger
 Freshman Jenne Bencken
 Freshman Ericka Bender
 Sophomore Kia Berardinelli
 Sophomore Gwendolyn Berry
 Freshman Chris Bettis



Junior Jenny Beurman
 Freshman Laura Biondi
 Sophomore Theresa Bisio
 Freshman Chris Bjornstad
 Freshman Laura Blevins
 Freshman Megan Blosser



Junior Cristina Borelli
 Freshman Lisa Brassell
 Sophomore Jim Brophy
 Freshman Kelly Brown
 Junior Web Browne
 Freshman Christy Bruckner



Sophomore Bea Bruintjes
 Junior Chrissy Brummer
 Freshman Mark Brunner
 Junior Paul Buchholz
 Junior Aimee Burkhalter
 Sophomore Kim Butzen

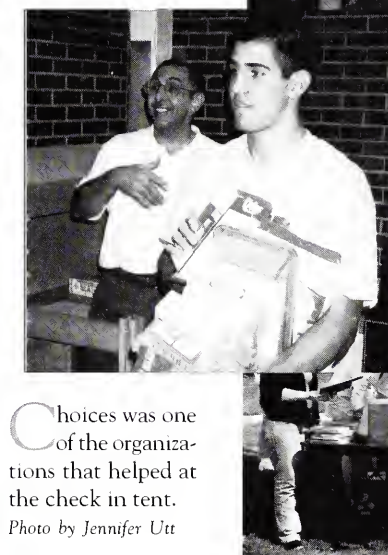


A Change of Face

"This year's student orientation allowed the freshmen a better chance to learn the campus by being right here at Regis," commented junior Ruben Pacheco. The New Student Orientation was a hit this year. The changes that were made created a more fun and exciting experience for students and parents. In the past, the banquet dinner was held at the El Jabel Shrine. However, this year Scott Campbell and students decided to keep the dinner closer to home by using a large white tent, set in the heart of the campus, which resembled the terminal at DIA. The location was not the only change to the evening; there was also a new key note speaker. Karen Ruth White gave an outstanding presentation about making the best of any situation. Another change in the busy schedule was the "Power Surge," presented by Craig Zablocki, a Colorado native. He gathered hundreds of strangers together and worked to form the freshmen into the group which would from that time forth be known as the class of 2003.

Freshman Mary Fisher and her new R.A. sophomore Stephanie Henry begin the long road of unpacking. *Photo by Jennifer Utt*

Parents and friends helped freshman get settled in their new rooms. *Photo by Julia Flauaus*



Choices was one of the organizations that helped at the check in tent. *Photo by Jennifer Utt*

Scott Campbell and the orientation staff were very impressed with the success of this year's orientation. The other major hit of the weekend was the "baggage buddies." Without them, moving in would have been unbearable. Overall, a wonderful beginning to a new school year, and new experiences as a Regis Ranger. As stated by freshman Anne Svoboda, "Orientation was a chance to say good-bye to parents and close a chapter in our lives, while starting a new one by meeting new and interesting people."

By Laura Biondi and Janelle Kopke

STUDENT AMBASSADORS

Searching for the right school was a difficult task for prospective students. Student Ambassadors donated an hour a week to give tours of the campus and answer questions to help visitors decide if Regis fit their expectations of college life.

"I am usually faced with questions from parents. They want to know my opinions on dorm life and activities around campus," said sophomore Greg Leary. For the majority of the ambassadors the questions were the best part of the tours.

"By the prospective student and their parents asking questions, I get the chance to really talk to them and find out what

their interests are and I can point those areas out," stated sophomore Katie Mulik.

Giving tours

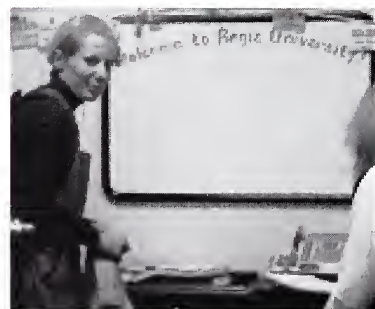
also gave the ambassadors a chance to reflect on

A perspective student and her parents gets a tour from senior Katie Savant. Photo by Stacy Forrest



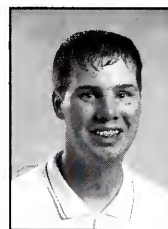
their decision to attend Regis.

"I get asked what there is to do on such a small campus. I get to tell them about Thursday Night Thrills and all of the events scheduled through Student Activities. By answering their questions, I can take a step back and get a refreshed look at Regis and what it has to offer its students," said sophomore Dana Emmons.



Junior Sarah Sloan prepares to give a tour in the admissions office. "I think it's neat to show prospective students the place that I consider home," she said. Photo by Angie Stockton

By Angie Stockton





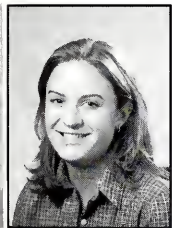
Junior Dan Cahill
 Sophomore Mary Beth Cahill
 Freshman Jeff Camalick
 Freshman Catherine Carlson
 Freshman Marco Carrera
 Freshman Lucas Carroll



Freshman Jared Caruso
 Junior John Cessar
 Freshman Lindsay Chabot-Olson
 Freshman Phanneth Chan
 Sophomore Melissa Chavez
 Sophomore Amy Christianson



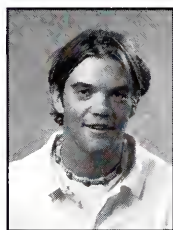
Sophomore Erin Christianson
 Junior Justin Clarke
 Junior Andy Clem
 Freshman Bonner Cody-Culp
 Freshman Keegan Coffey
 Freshman Christine Cole



Freshman Miriel Collins
 Freshman Rachael Coln
 Freshman Kendra Conners
 Freshman Dan Connors
 Sophomore Jenn Cook
 Junior Michelle Costa

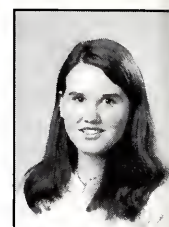


Freshman Aaron Craig
 Freshman Dusty Creager
 Sophomore Jed Danbury
 Freshman Conly Davidson
 Freshman Lauren Davis
 Freshman Melissa De Anda



Freshman Terrina Deay-Reusch
 Freshman Gabrielle Decker
 Freshman Stephanie Deidel
 Junior Lara DePoyster
 Freshman Joe Destafney
 Freshman Sarah Dickens

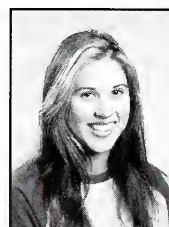
Freshman Martha Donagher
 Sophomore Moussa Doucoure
 Freshman Katie Downing
 Sophomore Cheryl Dunne
 Freshman Katharine Durland
 Junior Jackson Engles



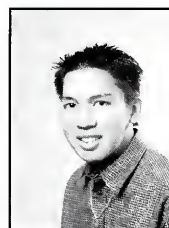
Junior Susan Erstad
 Sophomore Daniel Faigal
 Freshman Anthony Farmer
 Freshman Reuben Farnsworth
 Sophomore Katie Fassbinder
 Junior Jessica Fawcett



Junior Gerald Fensterer
 Freshman Mary Fischer
 Sophomore Julia Flauaus
 Freshman Katina Foster
 Freshman Jessica Frazier
 Junior Cory Frazier



Freshman Angela Frenier
 Sophomore Paul Fulce
 Sophomore Jon Garcia
 Freshman Robert Garrity
 Freshman Joe Gass
 Junior Jeremy Geer



Freshman Liz Gengembre
 Sophomore Marissa Gettman
 Freshman Jillian Goemmel
 Freshman Carlos Gomez
 Junior Tara Gonzales
 Junior Mike Goodman



Freshman Mandy Gould
 Junior Audra Graham
 Junior Larry Gravelle
 Freshman Erica Grounds
 Sophomore Todd Haley
 Freshman Tim Harden





Freshmen Commitment Program

The Commitment Program was designed for freshmen who demonstrated the motivation to learn and succeed in college, even though their entrance exams or high school GPA did not meet the re-

Freshmen Ashley Ballard, Ariana Etter, Christy Bruckner, and Ruby Veniegas at Breckenridge. *Photo courtesy of Dr. McCabe*

Father Cummings enjoying the company of a four legged friend. *Photo courtesy of Dr. McCabe*



Commitment students, past and present, gather at Dr. McCabe's Annual Spaghetti Dinner. *Photo courtesy of Dr. McCabe*



quirements for regular admission. The program's primary goal was to develop analytical reading skills, which will help the students throughout their college careers. This program offered learning support, which these students used to improve their skills in reading and writing. The teachers in the Commitment Program helped build the confidence of the students and encouraged them to use the resources available to them such as tutors, study rooms, the library, and the Writing Center.

The director of the program, Dr. McCabe, along with the other Commitment Program staff members, Dr. Valentine, Father Cummings, and Mr. Lynch, helped these students with the transition from high school to college. Dr. McCabe's annual spaghetti dinner, Father Woody's Wrap Party, and the day trip to Breckenridge are some big events that these students got involved in. They also lived out the Jesuit mission by volunteering in the community. Groups of students went to several different organizations for their service learning.

Each year, approximately forty students are accepted into the program. These students received the guidance to build their confidence and overcome obstacles in their academic careers.

By Ruby Veniegas

JOBS WORKSTUDY

Money, money, money. Everyone needs it, but few people get it for free. Most of the student population devoted hours to work in an effort to pay for their college education.

Workstudy allowed students to fill a variety of positions, both on and off campus. Approximately 350 undergraduates were employed at Regis.

Those working on campus enjoyed the flexibility their managers gave them and the convenience of being so close to their workplace. Others had found rewarding experiences off campus, yet still within the workstudy program. Freshman



Freshman Brittany Haroldson diligently takes care of business for the Physical Therapy Department.

Photo by Bitta Morris

Piper Forstedt worked at Mount Saint Vincent's Children's Home and loved working with the children because

they brightened her day.

Some students

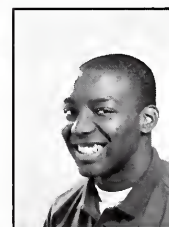
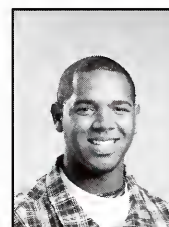
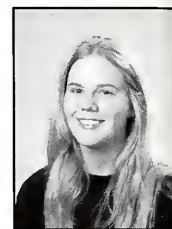
Sophomore Connie Phernetton, biology assistant, loves taking care of the snakes.

Photo by Angela Frenier



preferred to get jobs outside of the Regis workstudy program. Sophomore Carol Matli, a JC Penney's employee, worked 36 hours a week. Matli needed the extra money that came with working more hours and didn't like to be limited to the twenty hours per week allowed by the workstudy program.

By Angela Frenier

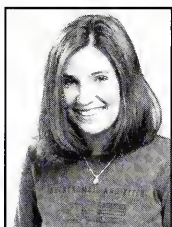




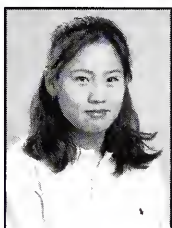
Freshman April Hastings
 Sophomore Raina Hedge
 Junior Jack Hempstead
 Freshman Robert Henderson
 Freshman Molly Hendricks
 Sophomore Laura Henneberry



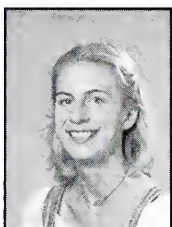
Junior Stephanie Henry
 Freshman Sasha Hernandez
 Freshman Zeke Hernandez
 Freshman Heidi Hite
 Sophomore Keil Hovland
 Freshman Liz Huber



Freshman Willie Ingram
 Freshman Alex Jegge
 Freshman Maria Jelinek
 Junior Kim Jiron
 Freshman Ryan Johnson
 Sophomore Heather Johnson



Junior Dan Kaiser
 Sophomore Max Kalchthaler
 Freshman Mike Kasal
 Freshman Sarah Kemp
 Freshman Elizabeth Kerr
 Freshman Min Young Kim

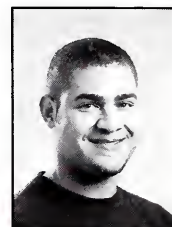


Freshman Tres King
 Freshman Jeff Kitchens
 Freshman Erin Kloppenberg
 Sophomore Melissa Koehler
 Freshman Scott Koogle
 Freshman Janelle Kopke

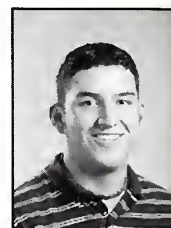


Freshman Lisa Kreutz
 Sophomore Kevin Kroh
 Junior Sara Kvamme
 Sophomore Dave Lamb
 Freshman Frederick Lamming
 Sophomore Kirsten Lauritzen

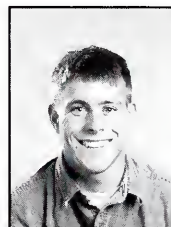
Sophomore Greg Leary
 Sophomore Corey LeDuff
 Freshman Wesley Lisitza
 Sophomore Erin Liska
 Freshman Selina Lopez
 Junior Cris Luzovich



Freshman Haley MacNeil
 Junior Jeff Madrill
 Freshman Cassie Madsen
 Freshman Antonio Maes
 Freshman Eileen Mahony
 Freshman Ryan Malphurs



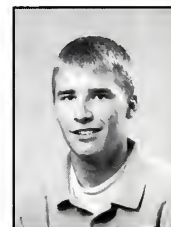
Junior Jennifer Marchese
 Sophomore Michael Mariani
 Sophomore Christopher Mariani
 Freshman David Marten
 Freshman Jon Martin
 Sophomore Desiree Martinez



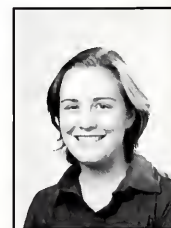
Freshman Tom Maschka
 Sophomore Carol Matli
 Sophomore John McAllister
 Sophomore Christy McFadden
 Freshman Frank McGee
 Junior Rachelle McGee



Freshman Mary McPartland
 Junior Elizabeth Medina
 Junior Eva Medina
 Freshman Dan Mertes
 Freshman Joel Meyer
 Freshman Oliver Meylemans



Sophomore Morgan Mikkelsen
 Sophomore Doug Miller
 Freshman Katie Milosovich
 Sophomore Kathleen Mulik
 Sophomore Kirsten Myers
 Junior Joelle Myszka



Standing Out

"I've realized I can't just cash in and say 'It's over.' I'm not going to let my accident stop me. I can make my life go where I want it to." - Junior Dan Cahill
Photo courtesy of Mary Beth Cahill

In the first semester alone Freshman Laura Prengaman had more than four different hair styles.
Photos courtesy of Laura Prengaman and Andy Schilling

Freshman Laura Prengaman shares her style with another student. Standing doesn't mean standing by yourself.
Photo courtesy of Laura Prengaman

Regis students stand out to any who knows them as a group of people who were remarkable in many ways. Every student shown throughout this book balanced a unique life with their Regis education—an education which was unique to each student. Few students will have the same classes on their transcripts. According to the Office of the Registrar, it was virtually impossible for any two students to take exactly the same classes because many classes were not offered every semester. Beyond that, each student stood out in a variety of ways.

According to the Office of Service Learning, over 90% of Regis students did some sort of

University sponsored service learning prior to graduating. Volunteerism was certainly not unique among Regis students but it certainly set them off from the rest of

their generation. Many Regis students stood out and if we tried to list them all, we would probably end up listing the

whole student body. Both freshman Laura Prengaman and junior Dan Cahill exemplify the uniqueness of Regis students, particularly Cahill, who overcame a debilitating car accident during his sophomore year and returned to resume his studies as a junior at Regis. This sort of determination would stand out in any crowd.

By Andy Schilling

Extra Work WITH Extra Classes Tougher Requirements HONORS

The purpose of the Regis Honors Program was often difficult to delineate, even to those who participated. Sometimes it seemed like extra work for questionable gains. However, those who are in the program felt it provided many opportunities. Every year of Honors required a different mode of thinking for students. They were encouraged to take control over their own learning within the classroom while attempting to gain a personal voice concerning life issues. This does mean extra work but it also had the potential to focus the Regis learning experience.

The goal of the program was to force honors students to develop a distinct perspective and voice all their own, and then ex-

press this voice in a senior thesis. Honors Director, Colby Hatfield, stated, "The honors thesis is a way for seniors to close the door to the

All of this.
for four years
to achieve
higher
success.

Regis experience and open a door to a new life beyond."

press this voice in a senior thesis. Honors Director, Colby Hatfield, stated, "The honors thesis is a way for seniors to close the door to the

Honors Director Colby Hatfield, junior Ann Siapno, sophomore Katie Mulik, and junior Nathan Diekmann discuss Honors issues.
Photo by Laura Biondi

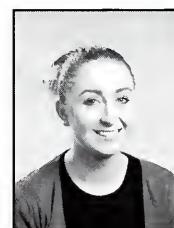
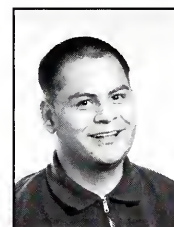


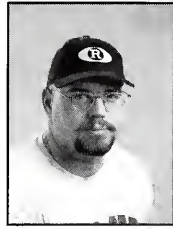
Students were challenged to step back and discover the links between their classes and use those links to further their education inside and outside the classroom. Colby Hatfield summed up the feeling of many by saying, "The Honors Program intensifies the Regis experience for all who are involved."



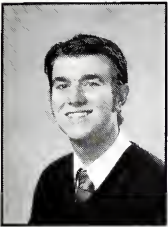
Junior Rick Wolf and Colby Hatfield talk about registration for the spring 2000 semester. *Photo by Laura Biondi*

By Janelle Kopke and Laura Biondi

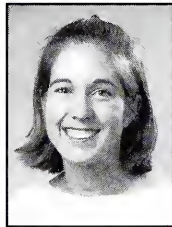




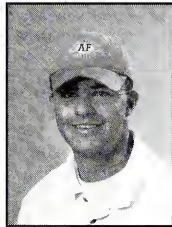
Sophomore Kelly Naccaarato
 Freshman Anne Nagle
 Sophomore Lisa Nazareno
 Sophomore Ann Nazareno
 Sophomore Bobby Neuhoﬀ
 Freshman Laura Newberry



Freshman Laura Nielsen
 Freshman Sean O'Brien
 Sophomore Seamus O'Toole
 Freshman Kevin Oldenburg
 Freshman Jennifer Pablos
 Junior Tyler Pace



Junior Ruben Pacheco
 Freshman Cassie Parks
 Freshman Danielle Pentz
 Freshman Mike Periolat
 Junior Rachel Perry
 Freshman Kristi Pfothenauer



Freshman Melissa Polisi
 Sophomore Krista Potter
 Freshman Laura Prengaman
 Junior Rachel Puckett
 Freshman Kevin Raleigh
 Junior Leroy Randle

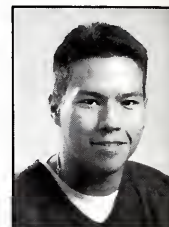


Sophomore Sarah Reichenberger
 Junior Anna Reishus
 Freshman Lisa Rensberger
 Junior Nadia Reyes
 Junior Michael Rhodes
 Freshman Cassandra Ricciardi

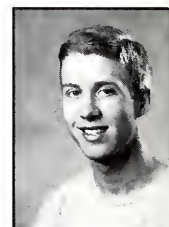
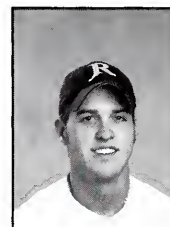


Junior Jennifer Ries
 Freshman Dano Rivas
 Freshman Jearlain Roberts
 Freshman Jaclyn Rostie
 Freshman Katie Rotermund
 Freshman Kristen Rounds

Sophomore Jared Salas
 Freshman Matt Sanchez
 Freshman Laura Sandstead
 Freshman Leandro Santos
 Sophomore Andy Schilling
 Freshman Myles Schonekas



Junior Kathryn Schoonover
 Sophomore Jennifer Scollon
 Freshman Walker Sears
 Sophomore Clint Selle
 Junior Julie Severson
 Junior Emily Shallcross



Sophomore Lauren Shugrue
 Freshman Kayvon Siadat
 Junior Ann Siapno
 Freshman Sarah Signeski
 Freshman Julie Simineo
 Sophomore Michael Simmonds



Sophomore Brian Sleater
 Freshman Brianne Smith
 Freshman Tymbre Smith
 Junior Meghan Smith
 Sophomore Erin Smith
 Sophomore Caryn Smotrilla



Freshman Brian Snee
 Junior Matt Snow
 Freshman Matt Sonderen
 Sophomore Robert Spomer
 Junior Dave Sprenger
 Freshman Christopher Stefan



Freshman Brooke Stephens
 Freshman Angie Stockton
 Junior Alana Strehlow
 Junior Katie Stuart
 Sophomore Mark Stuart
 Freshman Marisol Sullivan





1900~2000

Through the Years



The 20th Century is known as the century of change. The world has seen many changes since 1900; some of them bad, some of them good. Here are just a few lesser known highlights.

History - 1900 - Immigrants swell the U.S. population. The territory of

The new Student Center in 1957.

Photo courtesy of Public Affairs



This is the view of Main Hall from where O'Connell Hall stands today.

Photo courtesy of Public Affairs

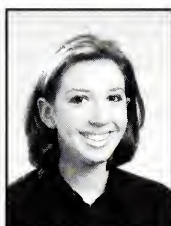


Hawaii is created. 1920 - Women are allowed to vote. Prohibition takes effect. 1940 - FDR is elected for third term. Germany invades Holland. 1959 - Alaska and Hawaii join the Union. Fidel Castro captures Havana. 1979 - United States and China establish diplomatic relations. Mother Teresa awarded the Nobel Peace Prize.

Popular Culture - 1900 - Best Musical: Fiddle-dee-dee; Best Actor: Joe Weber; Best Actress: Lillian Russell; most popular books - Wonderful Wizard of Oz

and The Tale of Peter Rabbit.

1920 - Best Movie: "Treasure Island"; Best Actor: Richard



How It Was, How It Is

These are some interesting comparisons from 1900 to today.

	1900	1999
Population	76,094,000	272,929,892
3-Bedroom Home	\$2,300	\$137,965
Average Income	\$432	\$36,000
Price of a New Car	\$650	\$19,890
Gasoline, 1 gallon	\$21	\$1.25
Bread, 1 pound	\$0.05	\$0.89
Milk, 1 gallon	\$0.27	\$2.70

Barthmess; Best Actress: Lillian Gish; Rose Bowl - Harvard 7, Oregon 6. 1940 - Best Movie: "Rebecca"; Best Actor: James Stewart; Best Actress: Ginger Rogers; Rose Bowl - So. Cal. 14, Tenn. O. 1959 - Best Movie: "Ben Hur"; Best Actor: Charlton Heston; Best Actress: Simone Signoret; Rose Bowl - Iowa 38, Cal. 12. 1979 - Best Movie: "Kramer vs. Kramer"; Best Actor: Dustin Hoffman; Best Actress: Sally Field; Super Bowl - Pittsburgh 35, Dallas 31.

By Angela Hawkins



ARE YOU ENTERTAINED?

Coming into this year, there were many expectations from the students about the types of entertainment they could expect at Regis. For instance, Anne Nazareno, a transfer sophomore from Baylor, didn't expect to see two guys kiss in P.A.C.'s event "What would you do for a hundred dollars?" She said, "If two guys did that at Baylor they would have been asked to leave!" This year, there was a concern all around for better and more diverse activities for the students to choose from. Whether it was an activity by ROC, the range of the things to do was growing. According to sophomore Melissa Chavez, International Host, ELS has ex-

More and more, we realized how great our volleyball team

panded its programming to include more of the regular students here at Regis.

Senior Aaron Mattley performs his song "Toad" with help from junior Rachel Schneider during "What Would You Do For \$100?" Photo by Jennifer Utt

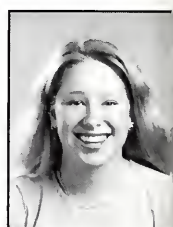
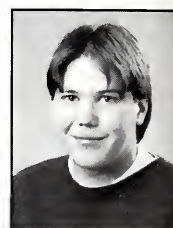
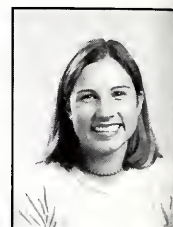
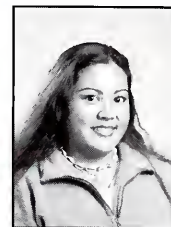


was, the support kept rolling in. The atmosphere was almost like that of a football game crowd. So the question was whether or not you were served? When that occasional night happened, when you had no homework and you were looking for something to do, did Regis have your ticket?



The volleyball team draws a large crowd of excited and energetic fans. Photo by Arthur Blisten

By Nadine Banks

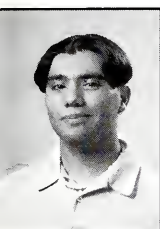




Sophomore Niki Supebedia
 Freshman Gina Tagge
 Freshman Matt Taylor
 Sophomore Chipper Thaler
 Junior John Tharpe
 Freshman Karin Theisen



Sophomore Michael Thomson
 Junior Spencer Thorner
 Junior Emily Till
 Sophomore Charity Tillemann-Dick
 Sophomore Steve Uhen
 Sophomore Sarah Unger



Junior Anthony Uno
 Junior Jennifer Utt
 Freshman Joseph Vasquez
 Sophomore Pilar Velasquez
 Freshman Ruby Veniegas
 Junior Mark Vigneri



Sophomore Hans Von Der Hofen
 Junior Justin Walker
 Freshman Devin Wall
 Freshman Brent Waller
 Sophomore Brian Wasinger
 Sophomore Sarah Weilert



Freshman Krista Weiss
 Sophomore Dana Weller
 Freshman Mark Whitaker
 Junior Aaron White
 Junior Melissa Woltkamp
 Sophomore Megan Woods



Freshman Teresa Wykpisz
 Junior Weixun Yan
 Junior Helen Yearby
 Freshman Marilyn York
 Freshman Wendy Zevenbergen

Camera Shy Juniors, Sophomores, & Freshmen

Juniors

Felicia Abeyta
Christopher Adams
Angelo Aguilar
Sharon Ascott
Helle Bacchetti
Charles Barlow
Melissa Barnett
Katherine Beamon
Betsi Beightol
Francene Benally
Sarah Berger
Kevin Berman
Michael Bierman
Ellen Bindley
Shawnee Boyd
Jennifer Bowman
Tim Brosnan
Matthew Brown
Suzie Bruce
Joel Burke
Michael Cafferkey
James Cain
Jennifer Calloway
Delaine Carter
Jessica Carter
Rebecca Case
Megan Casida
Corinne Casper
Molly Cassell
Nicholas Cavalieri
Jeremy Cernanec
David Champlin
Severn Chumley
Jessica Cook
Karrie Cooley
Arias Corbin
Kenneth Cortsen
Kelly Coulson
Ginger Craig
Andrew Cullen
Ian Currihan
Paz Diaz
Diana DiMatteo
William Diss
Jennifer Dodgin
Jessica Dogen
Nicholas Domenico
Meaghan Donohoe
Erika Duke
Andrea Dwyer
Andrea Edberg
Walter Edwards
Sean Egan
Kodi Erb
JulieAnne Espinoza
Patricia Etchart
Elizabeth Ethredge

Steven Ewaniuk
Brad Feely
Ian Ferguson
Jenniffer Ferro
Joshua Figuli
Elenor Flannery
Rebecca Francis
Michael Frazier
Patricia Gabriel
Alison Galgiano
Nicole Gibbons
Megen Gilman
William Graham
David Graves
David Greene
Daniel Gryzmala
Ken Hailey
Jeff Hall
Daniel Harmon
Stephen Heck
Jason Heins
Jonathan Hiera
Laura Kuffman
Zachary Ingram
David Iverson
Michelle Jaques
Kristopher Jarosz
Rebecca Jeffers
John Kaufman
Renee Keeler
Kimberly Keitel
Susan Kelly
Cheryl Koogler
Lori Kramer
Mandy Kyle
Rosa Laura
Laura Laureta
Kim Le
Erin LeResche
Jennifer Link
Sarah Livesay
Sarah Lockridge
Meghan Loftus
Tina Lombard
Monica LoVerde
Seth Ludwig
Mary Luellig
Christina Maher
Jeffrey Martin
Naashom Marx
Adam Mattingly
Kara Mattini
Christopher McDonnell
Marchele McEntee
John McGraw
Peter McGuire
Richard Medalla

Gina Meininger
Katherine Mentzer
Elizabeth Mickiewicz
Kathleen Milton
Susanna Mireles
Dwayne Montoya
Jan Moore
Jason Moore
Heather Morales
Cynthia Morgan
Kristin Morrissey
John Muhlbauser
Justin Nicolace
Christopher Nichol
Tricia O'Neill
Aubrey Odle
Ashley Paige
Nancy Paege
Duffy Pass
Elizabeth Pasarelli
Joshua Pearson
Joshua Peters
Ryan Phillips
Paula Porsche
Lisa Prigala
Molly Rains
Rebecca Raves
Jennifer Schaefer
Melissa Rhodes
Martin Ribaud
Colleen Riley
Meredith Robinson
Tara Robinson
Justin Rogers
Christine Rosen
Jennifer Rupp
Kathleen Rutter
Sarah Samm
Michael Sampson
Juan Sanchez
Anthony Santora
Berk Sarfino
Corey Schebeck
Jurgen Schlieman
Rachel Schneider
Daniel Scholtec
Amie Schraeder
Christine Schuster
Cynthia Sims
Sarah Sloan
Thomas Smith
Marissa Sproul
Gabriel Steele
Michael Stewart
Maureen Stokes
Marisa Stone
Sara Strike

Jessica Stumpf
Deborah Swanson
Matthew Tani
Brian Taylor
Danielle Thorn
Kevin Tierney
Tamara Torres
My Ly Tran
Jennifer Trimble
James Tucker
Amanda Upton
Mark Valentino
Hollie Velasquez
Patricia Verzino
Gina Vinci
Alexander Voils
Scott Wacker
Mary Waggoner
Yllena Walker
April Warren
Kelly Weaver
James Weglarz
Allison Wilbur
Kurt Williams
Jennifer Wilson
Un Sun Yoo

Sophomores

Michelle Albenese
Kari Albertsen
Anthony Amato
Erin Amdor
Meghan Anderson
Katrina Aragon
Salvador Baeza
Peter Becker
Jamie Beckman
Jessica Beddo
Donald Bell
Daniel Benton
Christophe Berthouzo
Hayley Bierkly
Chrystal Bishop
Adam Blake
Mike Blick
Troy Bobo
Andrew Bodewes
Mukulama Bondo
David Bradt
Shelly Brennan
Timothy Brennan
Robert Brewster
Brent Brockman
Lindsay Burke
Kimberly Callaway
Marcia Campbell
Marissa Carelli
Jessica Catekista
James Chamness
Colleen Chase
Niels Christiansen
Laura Cingoranelli
Daniel Colbert
Katie Colyar
Matthew Conrad
Kristin Daeke
Sheri Deaguero
Virginia Deganhart
Crystal DeVoss
Nathan Diekmann
Katherine Dirr
Katee Doland
Nellie Dones
Josh Droegge
Mark Echaverria
Jonathan Eichelberger
Dana Emmons
Adelina Esquibel
Jessica Farrell
Renee Faubion
Aileen Foster
Bert Gallegos
Natalee Garcia
Ramona Garcia
Kimberly Gaskill
Brian George
Nicole Giles
Joyce Grippa
Jemmett Gropp
Justin Grothe
Todd Halaburka
Emily Harris
Christy Harrington
Mariana Haynes
Dean Heffron
Staci Hensley
Charity Hermes
Andrew Hodge
Amanda Holm
Jay Javurek
Katherine Jewett
Clint Johanek
Faith Johnson
Jordan Jones
Ann Kadile
Matthew Kallial
Scott Kanemoto
Heath Kidd
Jamie Kitzman
Teresa Kjederquist
MaryNell Klein
Justin Kowal
Matthew Kuhnemend

Tara Laycock
Nolana Lemley
Joseph Lowry
Rebecca Lubs
Jennifer Lux
Mary Magoonagh
Ryan Mahany
Ryan Maloney
Terence Manegdeg
Paula Marquez
Phillip Martin
Nicole Martinelli
Rob Mattoch
Benjamin Mattox
Meghan McCullough
Shane McDermott
Jennifer McGirl
Patrick McGraw
Michelle McGuirk
Heather Miller
Kelly Miller
Laura Miller
Angelita Montoya
James Morris
Anette Mummert
Katherine Myers
Damian Nassef
Mara Naughtin
David Neilson
Brian Normile
Nicholaus Olin
Julie Pacheco
Gregory Parker
John Paul
Connie Phernetton
Justin Powell
Robert Pray
Anthony Primiero
Andria Pruitt
John Purcell
Mindy Puga
Laura Qualls
Eric Read
Nicholas Riedell
Jason Robbins
Randall Roberts
Katherine Robertson
Sarah Romero
Kristin Roth
Elizabeth Rugile
Patrick Russell
Justin Rzepka
Jared Salas
Erin Scarcliff
Cindy Scavarda
Gregory Schoeninger
Erica Schutte

Charles Scott
Susan Shellenberger
Leah Singer
Julian Smith
Matt Smith
Ryan Smith
Peter Spiessbach
Heather Spilman
Briana Steinbach
Cody Story
Kelly Sudholt
Niki Supebedia
Viki Swingle
Amy Tafuro
Carl Thuringer
Rebekah Thompson
Lucie Tran
Michele Trapani
Marie Tribbia
Jennifer Trosky
Christian Van Minnen
William Vaughan
Jonnie Velasquez
Jessica Vidick
Mario Vigil
Elizabeth Waller
Jason Weindruch
Ryan Westrom
MaryFrances White
Dana Wiewert
Marissa Wikerson
Timothy Woodard
Benjamin Yester

Freshman

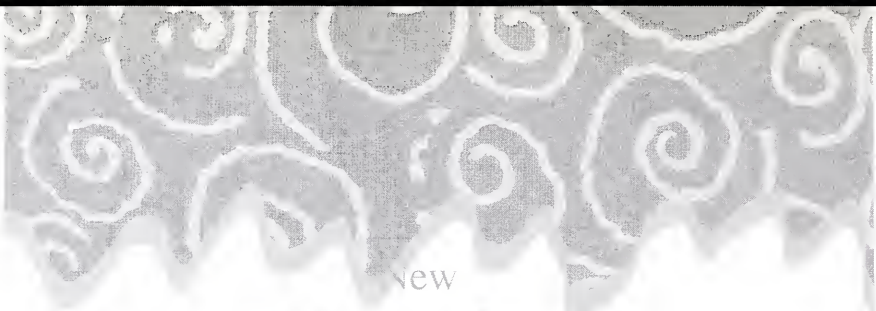
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Kelly Brees
Jennifer Britton
Kelli Brown
Heather Brungardt
Andrea Buscher
Aaina Calcurian
Rachel Calina
Brandee Calvo
Yedra Carvino
Loren Carlock

Kathleen
Thomas Davidson
Charles Davis
Laura Day
Alexander Dehta
Zachary Dehta
Megan Disharoon
Aaron Dowd
Jennifer Draman
Olivia Dunseth
Jeffrey Duvall
Shelli Dyer
Jeffrey Eggert
Roozbah Ehdarie
Kiley Epperson
Ryan Esgro
Ariana Etter
Melaney Fast
David Fehn
Jenny Fishman
Stacy Forest
Piper Forstedt
Blair Fullerton
Mark Gabriel
Esther Gaido
Jeremiah Garcia
Joseph P. Garcia-Prats
Michael Garnhart
Al Gerber
Jodi Gneiser-Heater
Erin Green
Tyler Greenfield
Glenda Hanavan
Lauren Hannigan
Brittany Haroldson
Meredyth Hawkins
Jaime Hayward-Susoff
Anna Herman
Dolores Hernandez
Justin Holmes
Haruna Horie
Travis Horn
Erin Hunter
Michael Hutchings
Quianna Johnson
Michael Kennedy
Katherine Kerstines
Jeffrey King
Krissey Kossler
Alexander Koury
Douglas Krenzer
Heidi Kurtz
Joseph Kushnir

Amanda Ross
Ann Rydell
Annalisa Scamporrino
Tamra Scheetz
Joshua Schmidt
Karen Schott
Russell Schultz
Shana Schweikarth
Robert Scollin
Jonathan Seastone
Lauren Seeno
Daniel Seidman
Gretchen Sewszak
Scott Shannon
Michelle Sierra
Andrea Southcott
Kathryn Springs
Kathy Stachula
Brian Stevens
Joseph Sullivan

Jennifer Montoya-Rice
Amanda Moore
Zachary Morris
Bruno Moron
Kristen Morales
Britta Morris
John Moyers
Chad Mulliniks
Erin Murphy
Brian Neeley
Eric Nelson
Katherine Nollan
Roland Norwood
Kathleen O'Connor
Michael O'Connell
Dennis O'Connell
Suzanne O'Connell
Michael Pennington
Adam Pickles
Alyssa Poff
Miquel Rael
Sarah Ramirez
Daniel Rasschaert
Marnie Richard
Luke Richardson
Bernadette Riley
Robert Riley
Shana Rogers
Romero

Brendan Uniacke
Dominique Vaiana
Matthew Vialpando
Shantelle Wagner
Rebecca Waldron-Miller
Anebra Walker
Jan Wamhoff
James Warren
Amanda Weingardt
Emily Willey
Amy Willson
Eileen Wilson
Tracy Wilson
Christina Wong
Christopher Wood
Gregory Wood
Amanda Wright



New Faculty Faces

new
faculties set
their feet in
the Regis

The Modern and Classical Languages Department welcomed associate professor Dr. Kimberly Habegger this school year. However, she was not totally new to the Regis community. She taught here as a adjunct for two years. Dr. Habegger earned her MBA at Ohio State University at Columbus and completed her Ph.D. while teaching at Baylor University in Texas. She has taught at various colleges, including Kenyon College in Ohio, Baylor University, and the University of Colorado at Denver. She said, "The two previous years I had spent here at Regis were definitely a big advantage." She was impressed by the supportive teaching environment and ambitious faculty. She wanted to stay in the Denver area where she could easily access her life-long interest, Southwestern culture. Dr. Habegger was looking forward to teaching multicultural and international cul-

community
with
enthusiasm
and bring
diverse
aspects.

tures in her upcoming junior seminar. She hopes to develop a course about Latin-American cultures.

The Communication Department welcomed a new face this year, as well. Dr. Sheena Malhotra, originally from India, concentrated on media studies. She earned her BA at DePauw University, her MA at Pepperdine University, and her Ph.D. at the University of New Mexico, while teaching there. She spent the last 12 years traveling back and forth between the U.S. and India, dedicating her time to the film and TV industries. Dr. Malhotra chose Regis because of its Jesuit orientation, and its similar values to hers. She liked the friendly atmosphere, the size of Regis, and how it created more active contact with students. Dr. Malhotra not only expects to develop a video production program, but also hopes to help her students get involved in creative projects.

By Min Young (Kate) Kim





Professor Sheena Malhotra teaches a communication class. This session's topic was media studies and gender. *Photo by Britta Morris*

Dr. Kimberly Habegger teaches an introductory Spanish class. Spanish was the most popular foreign language among students. *Photo by Jennifer Utt*

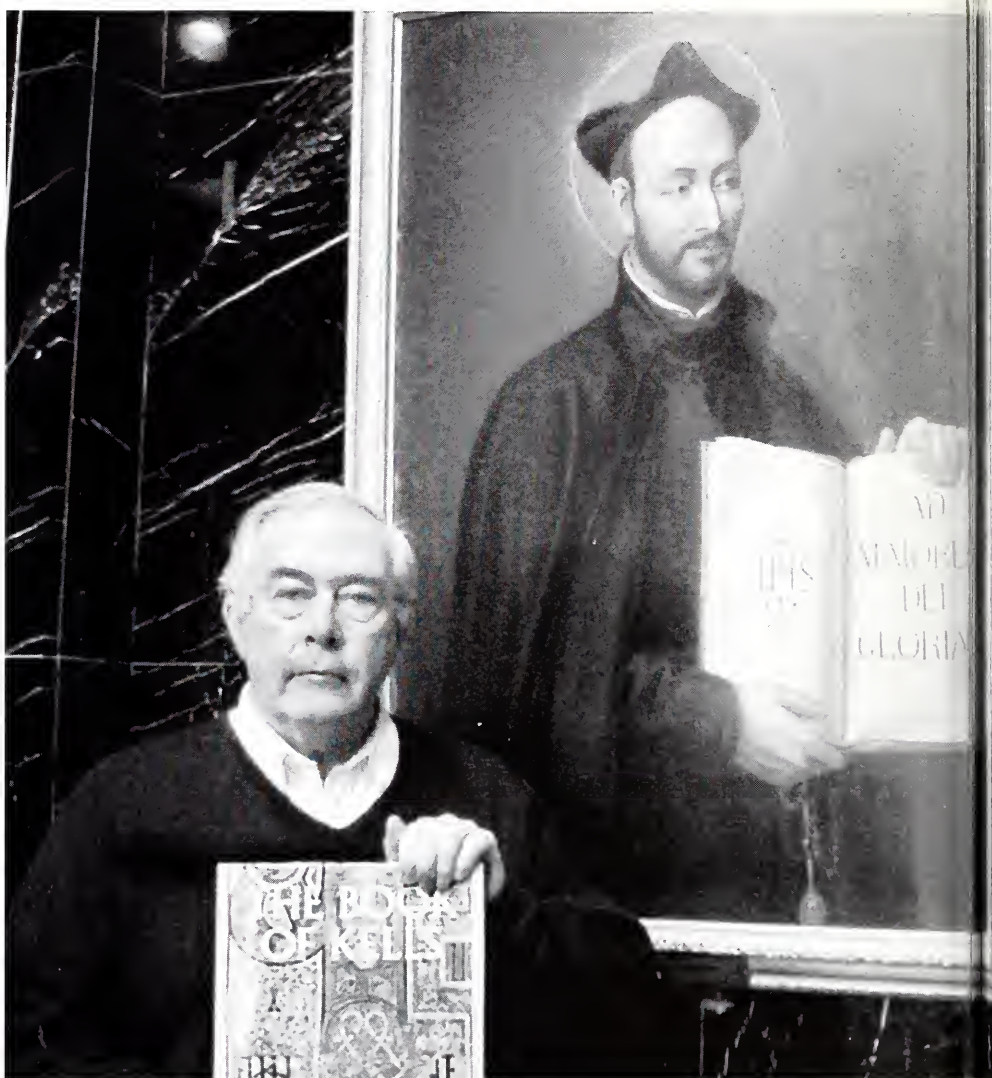
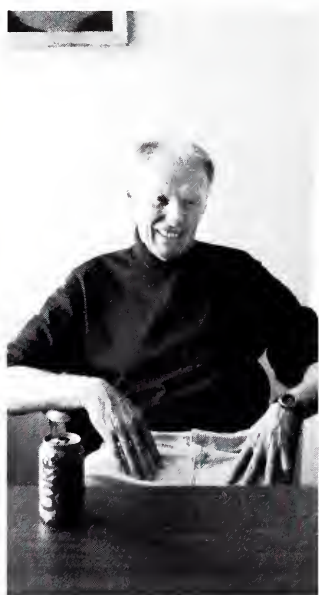


Dr. Kimberly Habegger teaches about direct and indirect objects during one of her Spanish courses. *Photo by Jennifer Utt*

Taking a call from a student, Professor Sheena Malhotra sits in her office between classes. *Photo by Britta Morris*

Councilman Dennis Gallagher, of the Communication Department, has taught at Regis for 32 years. *Photo by Britta Morris*

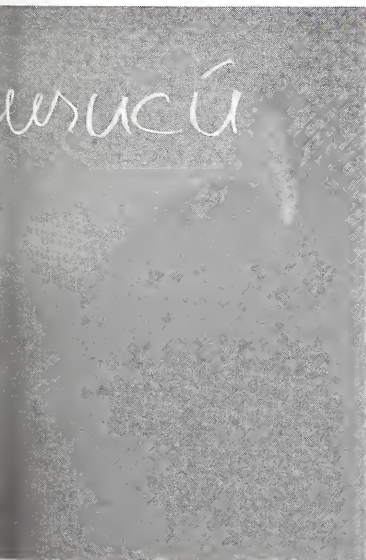
Dr. Tom Duggan, with the Philosophy Department, has taught at Regis for 25 years. *Photo by Britta Morris*



Professor John Flood, of the Business Division, retired last year, after teaching for 33 years and has continued on as an adjunct professor. *Photo by Britta Morris*

Dr. Alice Reich, with the Sociology Department, has been here for 28 years. *Photo by Britta Morris*





Faculty members, who have Familiar Faces

Some professors have been at Regis longer than many students have been alive. For these professors, changes took place, which students now take for granted, including the admission of women, the additions of the SPS and SHCP programs, which led to

Regis becoming a University, the Jesuits giving up control of the board of trustees, and the addition of Peace Jam, which brought Nobel Peace Prize winners to the school.

Congressman Dennis Gallagher has been teaching for 32 years at Regis, since 1967. When Congressman Gallagher

been at
Regis for
many years,
add wisdom
to their
classes and
the Regis
community

started, the school was all men. One of the biggest changes since he has been here was the admission of women into the college in 1968.

Dr. Alice Reich began at Regis in the fall semester of 1972. The most memorable occasion for Dr. Reich

was, "a tall-prepossessing man entered my office and demanded to know 'what have you done to my son?' I had taught his son anthropology and the student gave up his busi-

ness major, became an anthropologist and moved to Alaska to work with native peoples."

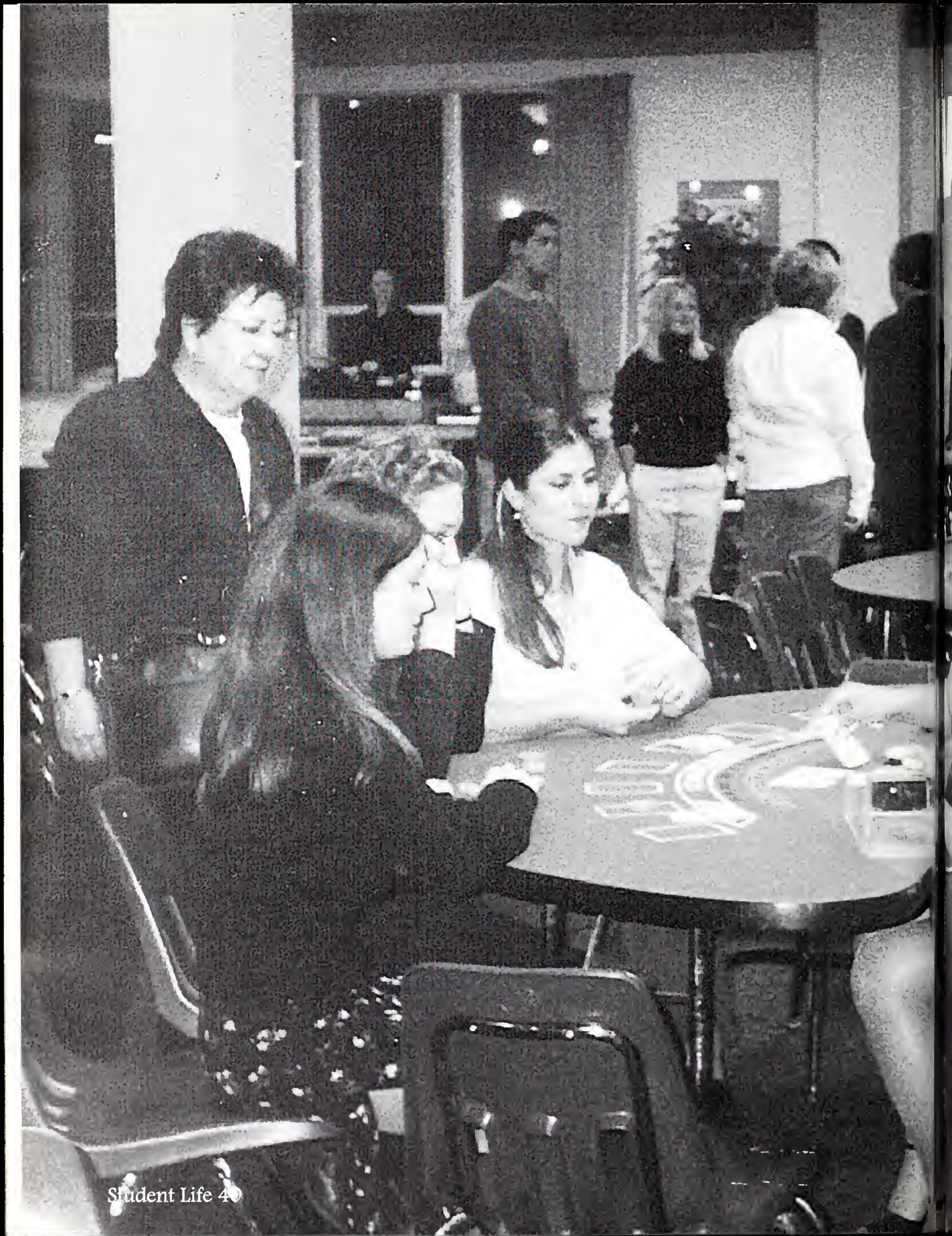
By Jennifer Utt



Dr. Carmen Casis, is retiring this year, after teaching for 33 years in the English Department.
Photo by Angie Stockton



Faculty



Weighing *On a larger* options *scale*

Gathered around the blackjack table at Casino Night, seniors (l to r): Kristi Dorenbos, Katie Savant, and Nicole Henschot take cards from junior dealer, Nadia Reyes. Henschot's mother observes the event, which kicked off Parent's Weekend.
Photo by
Angie
Stockton



Trying to balance all of life's
Not all activities are motivated by a
opportunities while maintaining
selfish need, many allow students to
a social life takes energy and a
broaden their horizons while ex-
lot of skill. Do you meet at the
panding the boundaries of Regis.
library to study or at the pub for
Dorm life encourages lasting rela-
karaoke? Do you commute or
tionships. Students enjoy exposure
walk to class? Sweats or slacks?
to cultural experiences and actively
Pizza or salad? Television or step
participate in the community. All
aerobics? It all boils down to a
offer examples of how students
question of sanity: the task of
succeed in experiencing Regis

WEIGHING OPTIONS.

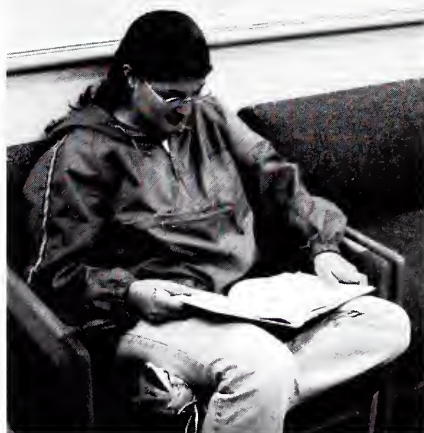
ON A LARGER SCALE

By Morgan Mikkelsen

"If I can get my homework done on Friday night, I enjoy the weekend more." Senior Erin Fehringer

"I usually study alone in my room, but study groups are helpful for harder material." Sophomore Michelle McGuirk

"I need absolute quiet, without any distractions. I usually go to the library, where there aren't any T.V.s." Junior Dave Sprenger



SOPHOMORE Sheri Deaguero finds a comfortable place to catch up on her studies in the lobby of O'Connell. Such spots were popular hangouts, which offered after-hours study zones. Photo by Britta Morris



TAKING a break to grab a snack and jot down a few notes, sophomore Jared Salas sits at a snack bar table, while others around him do the same. Students were often found combining studies with food. Photo by Britta Morris

OBVIOUSLY able to balance studies and friends, freshman Ashley Coors reads, while freshman Kristen Lauritzen tries to break her concentration. The many open outdoor areas on campus offered ideal places for studying. Photo by Britta Morris





Studying: the pressure principle

By Morgan Mikkelsen

Academic life is tough enough as it is. Add in an active social life and complications are bound to arise. What did you do when a group of friends invited you to a party the night before a exam? For some, studying went out the window. For others, academics took top priority, even if it required giving up a night on the town. Group study sessions offered an alternative answer to this fundamental question that most encountered on a weekly, if not daily basis.

Most found a way to balance their two diverse lifestyles—the student and the socialite.

Individual academic activities took place in all corners of campus. Some studied in their rooms or in corners of the library to avoid distractions. Others preferred common areas, where a passing friend often became a welcome break in concentration. The quad and Student Center were popular places for students to catch up on studies, with a definite promise of distraction.

No matter the location, most students were able to find a place where they could balance a social life and academic success, without any extreme consequences.

Partying: the pleasure principle



SOPHOMORE Matthew Kuhnemund perches on the quad bricks, cramming in between classes while catching some sun. The unusually warm, dry fall season created great outdoor atmosphere for studying. Photo by Britta Morris

Life can be stressful

By Andy Schilling

According to the *Stall Street Journal*, a publication of the Regis Health Center, it is very important take care of both the mind and body. Sometimes it was easy to neglect our bodies by neglecting play. Playing is necessary for both good mental and physical health. Sometimes even just going into the city for a beer was enough. "If I could be downtown instead of here studying, I would be," explained a tired senior Patrick Smith. While it may not always have been convenient, it was important have some down time.

Not all people liked to go out and play. "Sometimes, I just want a hot bath," sighed freshman Janelle Kopke. Some psychiatrists believe that personalities can generally be grouped into two categories, introverts and extroverts. Introverts store energy like batteries: by taking some time alone to recharge. Extroverts are just the opposite: they get their energy from other people. Most people were somewhere in between. And despite large work loads, many students found some time for play.

FRESHMAN Joseph Vasquez worked hard first semester, so he spent finals week playing video games. Photo by Andy Schilling



Solution: Play harder.





SOPHOMORE Jon Eichelburger was kind enough to show us his toys. A Sony Dream Caster, B Apple Powerbook G3, C High Fidelity Head Phones, D Panasonic 900Mgz phone, E large refrigerator, F Maxim Magazine, G Rollerblades, I stereo system, J Epson guitar, K K2 Skis, L Romeo and Julieta Cigar, M Jon's CD collection, N second phone line O IBM desktop PC with cable, DVD and Rage Graphics accelerator. Photo by Andy Schilling



FRESHMAN Eileen Mahony took a break between papers to read a magazine and eat a bag of chips. Photo by Andy Schilling

SENIORS Christopher Lichy and Ben Swartzendruber like to relax and watch a little football. Photo by Britta Morris



"I don't play. I just watch people have fun in the quad, while I study in the library." Sophomore Lucie Tran

"I've always got my basketball with me." Sophomore Greg Leary

"The wonderful thing about all of the technology is the endless distraction. I can spend hours surfing the internet, playing games, or listing to music, all from the same machine I use to write my communications paper." Sophomore Patrick Russell

"It really doesn't affect me that much [that my mom works at Regis]. It's convenient sometimes when I need something, but I usually do not see her around." Sophomore Kia Berardinelli

"It made it a lot easier to adapt to the college experience with a family member here to share it with." Sophomore Christopher Mariani

"He's my best friend as well as my brother. I'm glad we came to the same school. It wasn't originally planned that way." Sophomore Michael Mariani



JUNIOR Dan Cahill with sisters (l to r): Stephanie and Debbie, and sophomore Mary Beth. Mary Beth decided to follow in her brother and sister's footsteps and come to Regis for college. Debbie is a 1996 graduate. *Photo courtesy of Mary Beth Cahill*



SOPHOMORES Christopher and Michael Mariani in the room they share in O'Connell. *Photo by Julia Flauaus*

SOPHOMORES Erica Schutte, Marissa Gettman, and Melissa Koehler celebrate Gettman's birthday. They all lived in the same house, creating a close-knit family they called their own. *Photo courtesy of Melissa Koehler*





Family Ties: The Ties That Bind

By Julia Flatau

When a young person goes off to college, it usually is away from home, away from the family. Sometimes, it just so happens that one cannot escape those loving folks, those evil brothers or sisters. It could ruin your social life! It could have no effect on you whatsoever, or it could offer someone who is always there when you need them. A lot of siblings or people of other relations actually liked to look out for each other. It seemed like there was always a best friend watching your back. Twins especially had this special connection. Sometimes they both chose to attend the same college; other times they chose to go on their separate ways. Other students had parents or other older relations who worked on campus. Sophomore Clint Selle had the opportunity to run into his mother and sister, who worked in Student Life and the admissions office, respectively.

Many times, close friends attended a good school, and one wants to follow in their footsteps and be a major part of their lives. Other times, the relationships one forms at school can seem to be an extended family. Family and friends go hand in hand.



"My mother went to Loretto Heights College, my dad went here to Regis. Where my parents went to college had no influence on what school I chose to attend. I would have probably come here regardless of the fact that my parents were here before me," said freshman Kathryn Lloyd. Photo by Julia Flatau

Holding Hands Along The Way

Living on your own

By Steve Wagner and Jennifer Utt

Not all students lived on campus. Many lived off campus, which provided for some interesting events and required time management.

According to senior Jana Stubbs, "the worst part is the drive." She lived in Golden, which made for about a half-hour drive. Other students, like senior Phil Pierce, enjoyed the benefits of living closer to the school: being able to run home, take a nap, and then come back to school for classes.

Junior Dave Sprenger said living off campus was better than dorm life because he had more freedom to do what he wanted and be noisy when he wanted. There were no quiet hours or people to tell you when you must turn down your music.

Living on campus helped some to meet friends; then students moved off campus with their new friends to enjoy the freedom. Many had to adjust for the time difference in walking to class or driving in bad weather.

Off campus living also allowed for the freedom of cooking, but the disadvantage of no help in cleaning. No longer was housekeeping or Marriott around to help out.

THERE were disadvantages to living off campus, like cleaning. No longer were mom or the custodial staff around to pick up your mess. Senior Nick Som uses a sweeper to clean his floors. Photo by Jennifer Utt



No more quiet hours





"Parking sucks. Unless I get here at eight in the morning I can't find a parking spot." Senior Chris Heidmann

"I hate the drive in the snow. My car doesn't like to start." Senior Adam Pavlakovich

"The reason I like living off campus is I like the feeling of not having my life revolve around being at school. It is like having two lives." Junior Anthony Santora



LIVING off campus allowed for a kitchen and cooking. Sophomore Dana Weller enjoys making various foods including cookies. At her house, dinner making was rotated with the roommates, so each person was responsible for one night a week. *Photo by Jennifer Utt*

NURSING student, senior Amy Ellingson lived off campus and therefore had the opportunity to have a pet. Ellingson chose to live off campus because, "There is no room in the dorms for super-super seniors." *Photo courtesy Amy Ellingson*

OFF campus living allowed for decorating at the holidays. Junior Dave Sprenger, senior Erin Fehringer, and junior Sara Kvamme bought a real tree for Christmas and decorated it with lights and ornaments. *Photo by Jennifer Utt*

Quiet Upper Classmen Community

By Angela Hawkins and
Jennifer Utt

There were a lot of advantages to living in West Hall. Some of the things that students experienced, which were exclusive to West, included kitchenettes on each floor, temperature controls in each room, air conditioning, only having to share a bathroom with the person next door, and a quiet atmosphere. One of the advantages that many people did not realize was being able to live with the ELS students. All of the International Hosts resided in West and their roommates were from all over the world.

There were also some changes in the way that West looked on the inside. On second floor, there used

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FLOOR.

to be a ping-pong table in the central lounge. That area was turned into a computer lab and the ping-pong table was moved to the third floor central lounge.

Senior Aaron Mattley used to live in O'Connell Hall. He said that he liked living in West because it was a lot quieter and that allowed for more quality studying.

Sophomore Arias Corbin loved living in West Hall because she used to have to drive for an hour in order to get to class. She said that she had saved a ton of mileage on her car, being able to get up right before class and still make it to class on time.

SOPHOMORE Resident Assistant Marissa Carelli lived on the second floor of West. As an R.A., Carelli was responsible for decorating her hall. Here, she decorates for Christmas. Photo by Jennifer Utt



WEST Hall was quiet and people, like sophomore Terence Manegdeg, contributed to the silent atmosphere by playing video games with friends in spare time. Photo by Jennifer Utt



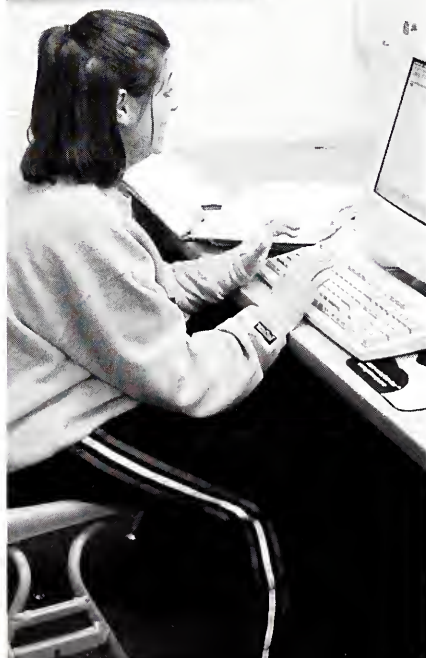


West Hall

• West Hall housed International Students from Argentina, Venezuela, Africa, the Middle East, and Asia.

• Sophomore Arias Corbin said, "It's like one big apartment building when it comes to a social life. And it's great on my car for saving mileage because I used to drive an hour to get to school."

• West Hall's assistant resident director, senior Aaron Mattley said, "I like having my own bathroom and it was not as loud as the other halls." Mattley lived on campus all four years of college.



SOPHOMORE Michael Billbe did not follow the quiet trend of West. He played the electric guitar to add music to the hall. *Photo by Jennifer Utt*

WEST Hall provided a new computer lab that students could use for school work, much like junior Alana Strehlow. *Photo by Jennifer Utt*

O'c Facts

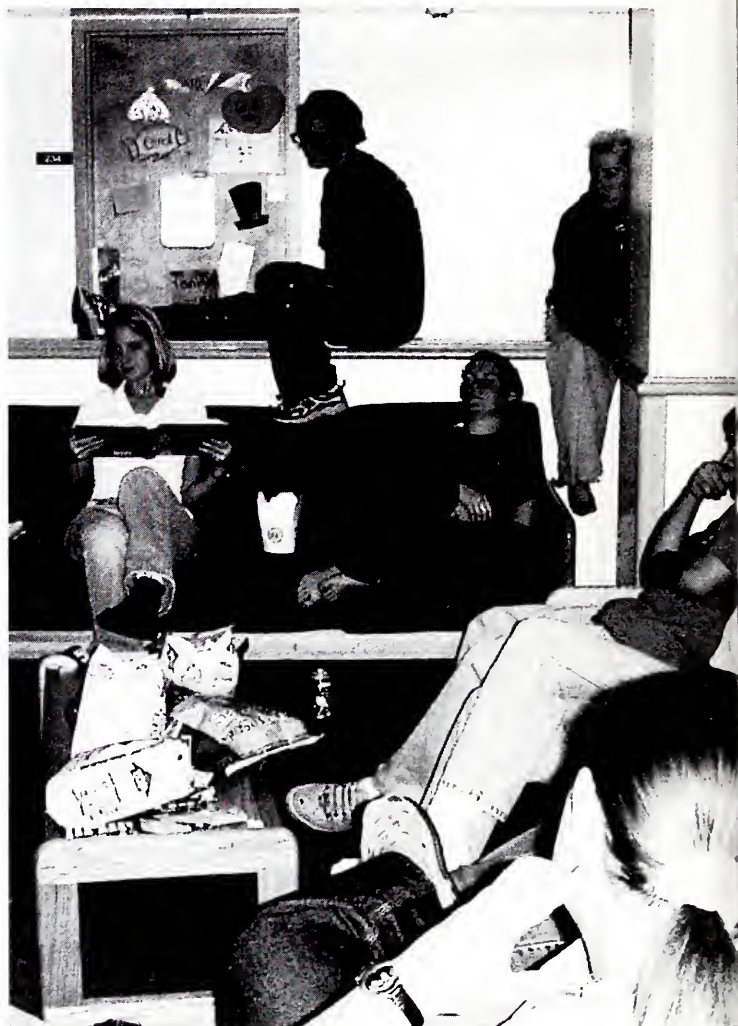
·One reason that the third floor was less active than the other two: it housed the hall's computer lab.

·If using the lounge off of the stairs on the second floor to study, it was almost impossible to get started before 10 o'clock.

·First floor residents had the luxury of new furniture, whereas the rest of the hall was still awaiting the upgrade for their rooms. First floor residents also did not have to worry about climbing the numerous steps to get to their rooms.

O'C residents usually spent some time during the day hanging out with their friends on the stairs in front of the building. *Photo by Angie Stockton*

FRESHMEN Wesley Lisitza, Jon Martin, and Sean O'Brien work in the computer lab on the third floor. Students also played computer games to pass the time. *Photo by Angie Stockton*



Livin' the O'C Kind of Life

TRYING TO
FIND A SATIS-
FACTORY PLACE
TO LIVE? SEE
WHAT
O'CONNELL
HALL OFFERS.
QUIET FOR
STUDYING, VI-
BRANT RESI-
DENT LIFE,
AND FUN IN-
CLUDED.

By Angie Stockton

SECOND floor residents attend the November 14th program put on by R.A. Mary Beth Cahill, watching the newly released movie, "Never Been Kissed."

Photo by Angie Stockton

One hall, three floors, 94 rooms, and personalities galore made up life in O'Connell. Traveling from floor to floor seemed like traveling through different worlds. According to third floor Resident Assistant, sophomore Robert Spomer, "first floor was always loud and second floor was only loud at opportune times such as every night and weekend. Third floor, however, was always quiet because their R.A.s were doing their job."

Third floor resident and freshman Cassandra Ricciardi agreed with Spomer that her floor was quiet. She said, "The only noise we really got upstairs is radios playing in rooms. Other than that, there wasn't a lot of

excitement except when people come upstairs from other floors."

Second floor was the ambiguous floor. They could not decide whether they wanted to be rowdy or calm. "Second floor was the place to be. Everything seemed to happen on our floor," freshman Brittany Haroldson commented.

Then there was the first floor. According to freshman Matt Sanchez, "The girls were crazy down here. They're always up to something. The guys' wing was usually somewhat quiet, but it's a fun floor to live on."

As you can see, if you were looking for somewhere to live, O'C certainly appealed to everyone.

THE first floor girls were known for being rowdy and this sign hung on their bathroom door for everyone to see. Photo by Angie Stockton

★ CAUTION
first floor
WORST FLOOR
welcome to OCB land

I HAVE TO LIVE WITH YOU??

By Julia Flauaus

This was not your typical home away from home, nor an ordinary residence hall. Year after year, DeSmet developed a personality all its own. The halls were alive and kicking with action, regardless of what time of day or night it was. Laughter, the sound of music blaring from rooms, or the sound of the lounge televisions pouring out into the open air were contained inside this humble abode.

Yes, through the brick walls and four floors full of young men and women, there was no bed unturned, no pizza box left empty, no place where mom and dad could scream for the call of the wild. Living here was a test for the survival of the fittest. Not anyone can live in such a place. It was

FRIENDS,

LACK OF SLEEP,

TONS OF

HOMEWORK,

ROOMMATES,

SHARING

BATHROOMS,

GREAT FUN;

LIFE DOESN'T

GET ANY BET-

TER THAN THIS

a jungle where books were piled high, trash cans were overflowing, laundry baskets were growing strange new bacteria, and where many new friendships were formed.

Other times it was quiet. When the decibel levels dropped, one might have thought something had gone terribly wrong. It turns out that everyone was

just sleeping.

Freshman Zeke Hernandez remarked, "It is a cool place because your parents are not around, you're surrounded by friends, and you can do almost anything you want. I had a great first year experience." The transitional period into the rest of life would be easier after living in DeSmet.

(FRONT
TO BACK)

STHMES

Jon

Garcia,

Paul

Fulce,

freshmen

Oliver

Mykms,

Chris

Bettis,

Reuben

Farnsworth,

and

soph-

omore

Bobby

Neuhoff

sit in the

second

floor

lounge

for

South

Park at

11:00pm

Wednesday

nights.

Photo by

Julia

Flauaus

FRESHMEN Corey Arthur and Aaron Craig sit in the lounge and eat Taco Bell while watching the Nebraska Cornhuskers football game.

Photo by Julia Flauaus





What's new this year?

- First and second floor bathrooms were renovated with all new showers, sinks, and toilets, designed to be unisex.

- Every room was outfitted with cable television outlets.

- Two separate phone lines, data lines for computers, and extra outlets were installed in each room.

- Fourth floor was female only for the first time in Regis history.



"I REALLY liked meeting new people and I ended up making a lot of good friends," stated freshman Rebecca Marianetti, shown here with freshman Suzanne Pagorek. *Photo courtesy of Rebecca Marianetti*

"DeSMET was a good place to live for my first year. I got to hang out with a lot of cool people and kind of live on my own," freshman Jeff Kitchens said.

Photo by Julia Flauaus

Thoughts on Service

Courses such as: Sophomore Seminar, Introduction to Cultural Anthropology, Foundations of Peace and Justice, some Education courses, and some Psychology classes included Service Learning components in their course objectives

Sophomore Katherine Robinson said, "I feel the service learning requirement [for Sophomore Seminar: Stories Across America] helps us to see that not everyone is as fortunate as we are in the Regis community and it gives us a chance to promote social change."



FRESHMAN Brittany Haroldson talks to children during her service learning experience. Haroldson decided to fulfill her community service requirement by participating in the Book Buddy Program and watching children whose parents learned English at Berkeley Gardens Elementary School. *Photo by Angie Stockton*

JAMIE Skaronea organized the Regis volunteers by pairing them with children whose parents were learning English. Thirty-two students worked at Berkeley Gardens during the fall semester. *Photo by Angie Stockton*



Offering time to help others

By Angie Stockton

MEMBERS of the KRCX staff offer their services to an elderly woman in the community for their service project. Photo courtesy of KRCX

At one point or another all of us were out in the community helping others. Some of us did it because it was required in classes. Some teachers offered students a choice to either do community service or write a research paper, while other teachers offered extra credit to students who volunteered their time.

These programs allowed students to help children with their reading and homework at neighboring schools such as Berkeley Gardens Elementary and Skinner Middle School. Students offered their time at Mount Saint Vincent Home for

STUDENTS
SPENT
TIME IN
SERVICE
LEARNING
JOBS, EN-
COURAG-
ING OTH-
ERS TO
SUCCEED
IN THEIR
DAILY
LIVES.

children and the Boys and Girls Club, as well. Positions were also available in soup kitchens, battered women's shelters, and homeless shelters.

Mary Ellen Carroll, from the Office of Service Learning, said that student participation has grown in the last couple of years. She also felt that the students' responses to their experiences in the community were aiding in their learning processes. For many, they learned about social problems and ways to help through giving time to the community to bring the issues to reality.

FRESHMAN Reeve Barker volunteers his time at Mount St. Vincent Home for an all-hall program in DeSmet. Students helped the children carve pumpkins to prepare for Halloween. Photo by Jennifer Utt



"Eating in the cafeteria or snack bar is fine, to a point. After awhile the food gets old!" said sophomore Kathleen Mulik.

If they don't eat in the Cafeteria, students most frequent: The Cheese-cake Factory, Hard Rock Cafe, and McDonald's.

On average, 300 students eat their lunch in the cafeteria and 250 eat dinner there in the evening. One of the most popular choices was the salad bar.



THIS is what sophomore Manuela Hayne's refrigerator looks like after a shopping trip with Mom and Dad. usually the fridge is empty. Photo by Britta Morris



FRESHMAN David Fehn relaxes after a filling meal in the cafeteria. Photo by Britta Morris

FOR those who did not wish to eat in the cafeteria, the salad bar was another popular option on campus. Photo by Britta Morris





On Campus Cuisine

By Janelle Kopke and Laura Blondi

Hundreds of decisions were made everyday by students, many of these related to food. Money influenced this decision more than most would like. Also, transportation caused headaches for those without cars. One solution to these dilemmas was to eat on campus. Now only a small amount of decision-making was required. Snack Bar or cafeteria? For some, vending machines offered another option, often filling in for a missed meal or a snack between meals. Many students varied their eating habits throughout the week, depending on the cravings felt that day.

For those who found the cafeteria and Snack Bar food less than satisfactory, there were other options. Those who ventured off campus to eat found endless possibilities. Anything from fast food to formal dining was available throughout Denver. As freshman Cassandra Ricciardi said, "Eating off campus is a blast, as long as I am not paying!"

Others chose to purchase their own groceries, filling refrigerators in their rooms with favorites. Not always considering health issues, students had many options available for their

or a night on the town?



FAST food was an option chosen by many students whenever the opportunity arose. Taco Bell was one of the many possible choices.
Photo by Britta Morris

Partying and Alcohol:

By Mike Thomson

After a long, hard week of going to classes, taking tests and studying, there was nothing like relaxing on the weekends. There were so many different things to do. Some tended to lean towards partying and the consumption of alcohol to relax, while others choose to refrain from drinking. Whether it was at a bar, a club or at a house party, fun could always be had when you were with good friends and had a beer in hand.

But not everything was fun and games. Amazingly enough, the Freshman class, having escaped the clutches of their parents, had the most alcohol violations. According to Tom Reynolds, the Vice President of Student Life, the number of freshman violations this year surpassed last year's numbers. This was attributed to the large number of freshmen as compared to previous years. Overall, considering the entire student body, the number of violations was below that of past years.

Partying was a way to see all one's friends in the same place. Everyone's schedules became so different it was hard to get together for anything. It was also a way to have fun and let go with people you felt comfortable being around.

SOPHOMORE Phillip Martin showing just exactly what he's made of at one of the man Halloween parties. Photo by Mike Thomson



A way of relaxing





"Any day of the month that ends in D-A-Y is a good day for a party!!!"

Freshman James McNutt

"Weekdays are simply for recuperation from the weekends." Freshman Ryan Malphurs

"I think that anything that causes me to forget moments of my life is really not worth much of my time. I won't say that it doesn't take any of my time, but it's really not that big of a deal." Sophomore Ruben Pacheco



DURING Casino night (while the parents were not around), junior Jack Hempstead accepts a tasty beverage from senior Amy Ellingson. Senior Kate Balasa appears to want the same thing.

Photo by Jennifer Utt

JUNIORS Michelle McCarthy and Elaine O'Connell are getting themselves ready for a wild night at Downtown Denver's night club, The Church. *Photo by Mike Thomson*

AN example of some of the crazy off-campus partying that went on during Halloween weekend. *Photo by Mike Thomson*

"I run on the treadmill to relieve stress and to watch the great music videos on CTN." Sophomore Erin Liska

"Working out makes me feel better about myself. It is often something I do to get my mind off studying." Freshman Glenda Hanavan

"Exercising helps me to clear my thoughts and release stress. It also gives me more energy." Sophomore Leah Singer



SENIOR Shawn Bakker works out with weights to gain strength. Weights can be lifted for many muscles of the body, including the deltoids and lats, as Bakker is working while doing lateral pull downs. Photo by Jennifer Utt



SENIOR Deborah Bacon finds time to enjoy a book while exercising at the same time. The exercise bikes are just one of the machines that students can use in the Fitness Center. Photo by Jennifer Utt

JUNIOR Jonathan Hiera works in the Fitness Center as well as 'works out' there. One of the ways he likes to work out is by using the punching bag. Photo by Jennifer Utt





Exercise and Healthy Eating

By Jennifer Utt

How does one stay healthy? When you speak of health the first thing that comes to mind is staying in shape. Exercising can be achieved through a variety of means, including: lifting weights, aerobics, jogging, kickboxing, walking, riding a bike, using stair masters, or throwing a frisbee or football. Any activity used to get one's heart rate up can be considered exercise. One way to stay in shape this year was to visit the Fitness Center, where a variety of machines and classes were offered. Most students said that exercising helped reduce stress and provided a break from studying.

The other issue of health is food. If you eat healthy, the worry of gaining weight is reduced. In a fast-food centered world, eating healthy can sometimes be challenging. Sophomore Max Kalchthaler rode his mountain bike for exercise, but when it came to food he "eats whatever [he] wants."

Surprisingly, the Snack Bar and cafeteria did offer pretty healthy choices, but there were so many unhealthy choices to compete with. Although, the recent craze of bagel places and juice bars provided healthy alternatives. So how did some students manage to stay fit and eat healthy?



SOPHOMORE Tiffany Behunin works out by doing aerobics. There are many types of aerobics, including step aerobics, as Tiffany is doing, kickboxing, and toning.
Photo by Jennifer Utt

Couch Potato and Fried Food

Was dating on a small

By Angela Hawkins

Often times, when a person leaves for college, they are told that college is where you will meet the one who you will marry. Regis dating was quite a phenomenon. Some people seemed to find "the one" here at Regis, while others seemed to find "the one" off campus. Still others refused to date on campus for various reasons. Dating on a small campus meant that everyone at school knew when you were fighting, or having problems, or even when things were going well. There was not as much privacy, something that could put a lot of strain on a relationship. One student who decided to date off campus, was senior Julie Hitzges. She met her boyfriend Marcos Trujillo while she was living at Romero house last year. Marcos was a student at CU Denver.

Sophomore Jenn Cook and junior Gerald Fensterer met during the Mass of the Holy Spirit two years ago. Fensterer reported that he was a Eucharistic Minister and he was offering the wine. Instead of saying, "Amen," Cook said, "Thank you" and started laughing. "That was the first time I noticed Jenn." They've been together ever since.

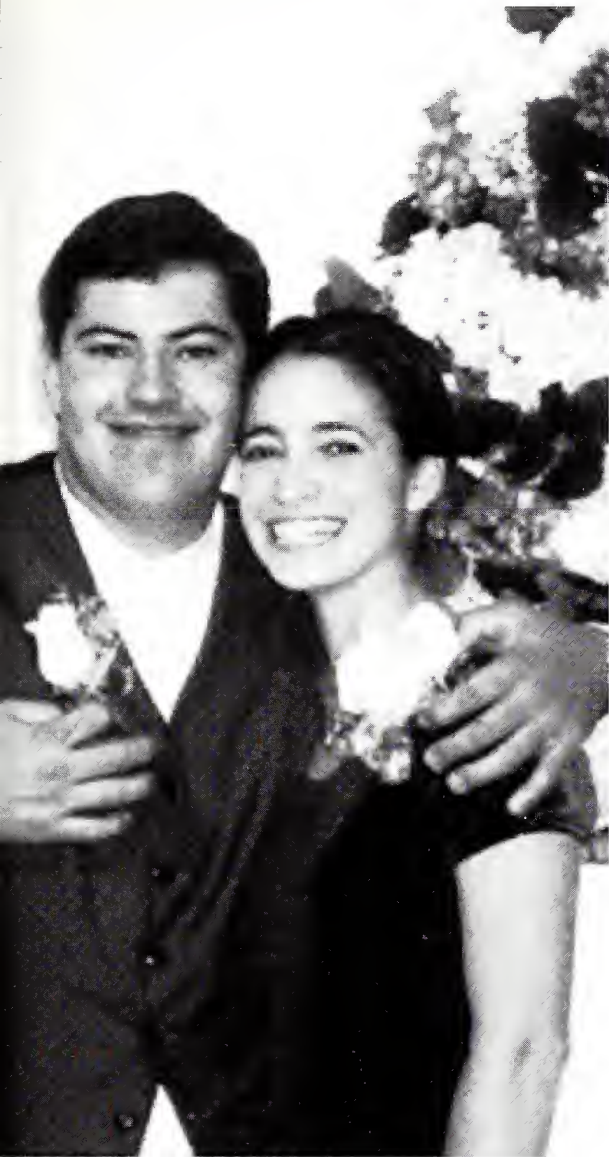
SOPHOMORE Max Kalchthaler at Camp Snoopy with his girlfriend Karlie Reiss. Karlie is a sophomore at Carson-Newman in Tennessee. These two met in high school and have been together since.

Photo courtesy of Max Kalchthaler



campus worth it? Yes and No.





"I don't date on campus because I have a boyfriend back home." Junior Susan Kelly

"I only date people who live in other countries." Senior Brian Cox

"I love you."

"I love U2."

"Yeah, they're a good group huh?"
Senior Julie Hitzges says to boyfriend Marcos Trujillo



SENIOR Julie Hitzges with her boyfriend Marcos Trujillo. The two met while Julie was living at Romero House last year. Talk about fringe benefits! Photo courtesy of Julie Hitzges

SOPHOMORE Jenn Cook and junior Gerald Fensterer are one of the more well-known couples on campus. The two met during Campus Ministry events. They were a "match made in heaven." Photo courtesy of Gerald Fensterer

SENIOR Erin Cassidy and her boyfriend, junior Jeremy Cernanek. This couple was also well-known around campus. Photo courtesy of Erin Cassidy

Do You Wanna Dance?

By Jennifer Utt

Where would you find people dressed in pajamas, beach attire, disco wear, fancy clothing, and blue and gold all in the same week? The answer: during Homecoming Week.

Homecoming and Parents' Weekend was an event that took a lot of effort. Specifically for Parents' Weekend, a Golf Tournament and Casino Night were put on. Homecoming was an entirely Student Involvement Committee (SIC) event. Each SIC member was responsible for planning and putting on one event throughout the week. SIC member and sophomore Sarah Unger said, "The dance was very well attended and was the most successful event—everyone said they had a great time."

BLUE AND
GOLD SPIRIT
FILLED STUDENTS
ESPECIALLY DURING
HOMECOMING
WEEK WHEN
THEY COME
TOGETHER FOR
COMPETITION

Another large event was the Team Homecoming Challenge, that included the Chili Cook Out (won by Campus Ministry), bed races (won by the off-campus team), and the scavenger hunt.

Junior Cristina Borelli, captain of the Campus Ministry team, said, "For our team, even though we did not win, it was a really good week because we had a lot of new staff members and it was a chance to bond." Teams could earn points for dress up days, attending events such as the pool party, bringing in clothes for the clothing drive, attending all the events, going to the bonfire and the bizarre. The women's basketball team won the Homecoming Team Challenge!

SOPHOMORES Crystal DeVoss, Melissa Koehler, and Erica Schutte participated in the Homecoming Team Challenge and sport the gear (including blue hair) for Blue and Gold spirit day.

Photo by Jennifer Utt



SOPH-
OMORE
Jenn
Cook
and
junior
Gerald
Fensterer
bust the
moves at
the
Home-
coming
Dance,
which
was the
most
highly
attended
event of
the
week.
Fensterer
said,
"The
music
was a
drag, but
we still
put the
swing
into
swinger,
baby!"
Photo by
Angie
Stockton





Thoughts on Homecoming

· "Messy." -senior Nick Som about the bed races

· "The dance was cool because my girlfriend and I got together right before the dance so it was like our first big date." -senior Josh Olson

· "It was awesome. I got to take all the money from people." -senior Tashka Smith, regarding Casino Night

· "The bed races were a lot of fun because I got dunked in a bucket of ice water and had to pull a rock out of the bottom head first." -freshman Marisol Sullivan



MEMBERS of the women's basketball team won the Homecoming Team Challenge and received a goodie bag full of prizes. The team won by only five points, with Campus Ministry following close behind. *Photo by Jennifer Utt*

SOPHOMORE Daniel Faigal played the jamming tunes for the Parents' Weekend event, Casino Night. Students and their parents could play craps and blackjack.

Photo by Jennifer Utt

Thrills, Chills and Spills?

·Winners: Lip sync: the girls' basketball team's rendition of "Baby Got Back." \$100: Senior John Muir's creative dance routine (had to be there).

·Excessive drinking became a critical concern, with the September Thrills outing to downtown Denver's Bella restaurant. In fact, the possibility of suspending all off-campus Thrills events was considered. It was finally decided only to limit PAC's off-campus activities. Junior and PAC Co-Director Dave Sprenger said, "Next year's plan of action is to limit the number of off-campus events and drinks served."



TAKING home the \$100 first prize, senior John Muir performs his highly original and well choreographed dance routine/strip tease. Other attempts at the prize included worm eating and same-sex kissing. *Photo by Jennifer Utt*

DURING a November Prez Night, junior Rachel Puckett takes a shot during the pool tournament hosted by student body president, senior John Koumantakis. Puckett competed in the first round of competition. *Photo by Jennifer Utt*



Time to unwind in good company

THURSDAY

By Morgan Mikkelsen

COLORING on a tablecloth in the Pub during Acoustic Night, freshman Liz Gengembre, sophomore Nadine Banks, and freshman Marisol Sullivan, enjoy the atmosphere of the inauguration of the Thrills event.
Photo by Britta Morris

Where could many students be found on a typical Thursday night this year? Strategically scheduled after "must see TV," Thursday Thrills events were weekly PAC activities in which many participated. Themes such as "What Would You Do For a Hundred Dollars?" and "Lip-sync" night were among the most popular. Sophomore Arias Corbin said, "Lip-sync night was hilarious. It sounded like so much fun and I got a lot of my friends to go along." Sophomore Sarah Weilert said, "Thrills offers a safe environment and allows so many students to be involved."

THRILLS AND PREZ NIGHT GAVE STUDENTS A WEEKLY OPPORTUNITY FOR ENTERTAINMENT, CATERING TO THOSE WHO WANTED TO PARTY OR RELAX WITH FRIENDS.

Although usually held in the Pub, some found it difficult to attend. "Living off campus makes it harder to motivate yourself into coming," said sophomore Dana Weller. "Dorm life definitely makes a difference. Someone is always trying to force you into going."

Prez Night was like Thrills, only scheduled around Monday night football. Student body president and senior, John Koumantakis, explained: "Prez Night offers an opportunity for students to come voice their concerns, but also take a break from the normal routine."



SENIOR John Koumantakis dresses as Madonna during the Thursday Thrills lip sync contest. His version of "Like a Virgin" won third place, while the Girls' Basketball Team took first with their version of Sir Mix-A-Lot's "Baby Got Back." Photo courtesy of John Koumantakis

Creating the sound of music

By Morgan Mikkelsen

Regis offered many areas for well-rounded students to demonstrate their musical abilities. Classes such as voice, piano, and guitar were fairly popular. In fact, registration for the spring semester surprised many in the registrar's office, as individual guitar instruction became more popular.

Guitar student, senior Bridgette Herbert said, "I love music—it's in my soul. I was in choir and took up guitar so that a cappella was not the only way for me to perform."

In addition to classes, campus events such as the Thursday Thrills' Acoustic Night and Guitar Night also offered opportunities for many to

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OR FOR FUN.

perform in front of their peers.

"I went to Acoustic Night because I like listening to people sing and play guitar. I don't play an instrument—that's probably why I went to watch people who actually have talent," said sophomore Elizabeth Rugile.

Some chose to organize their own performances. Senior Angela Hawkins coordinated a concert in November to demonstrate her vocal abilities, as well as raise money for her tuition for "Up With People," an international touring and community service company. "I love to perform.

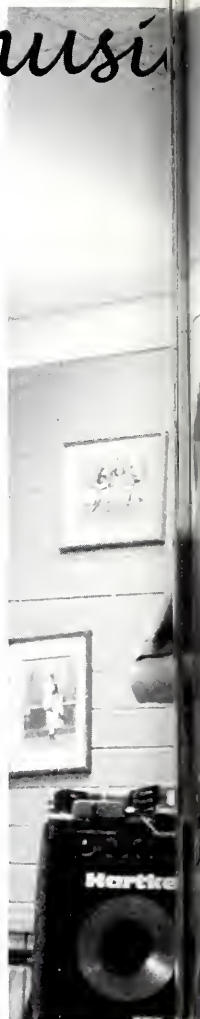
Growing up, I was the Jack-of-all-trades, but the king of none. Singing was the only thing I really excelled at," said Hawkins.

Whether in front of a crowd or in front of a mirror, many contributed the sound of music to the campus experience.

Senior Angela Hawkins invites close friend and junior Gabriel Steele on stage to accompany her performance of "Let Us Pray." Many of Hawkins' friends and family performed with her throughout the night.
Photo by Morgan Mikkelsen

PERFORMING in the pub on Acoustic Night, senior Aaron Mattley sings an original composition while playing his own accompaniment. Mattley, a student of guitar instructor Scott Smith, was among the few people who played on stage in the pub in front of a supportive crowd.

Photo by Britta Morris

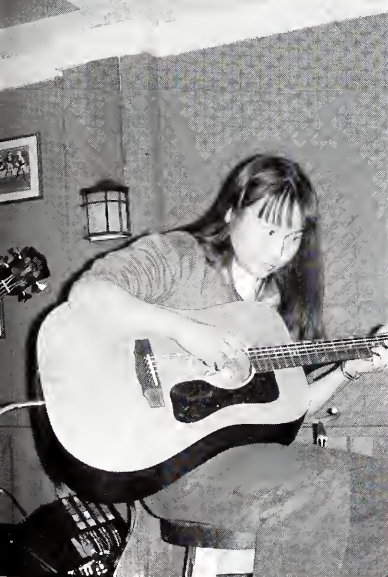




Reading music in numbers

The individual applied voice, piano, and guitar classes were allowed a maximum capacity of thirty students. Because of the popularity of the courses, the Dean allowed an additional six students to register per class. During registration, these courses typically closed within the first week.

Popularity in instrumental music was demonstrated by the inauguration of PAC's Thursday Thrills Acoustic Night. All students were welcome to attend; only a few performed. Guitar night attendance was also promising.



SENIOR Kiley Perrich plays with guitar instructor Scott Smith during the annual Guitar Night in the Pub. *Photo by Andy Schilling*

SENIOR Dave Radford performs an original pop-rock composition during the Thursday Thrills Acoustic Night. Radford was a student of both guitar instructor Scott Smith and vocal coach Barb Halliday. *Photo by Britta Morris*

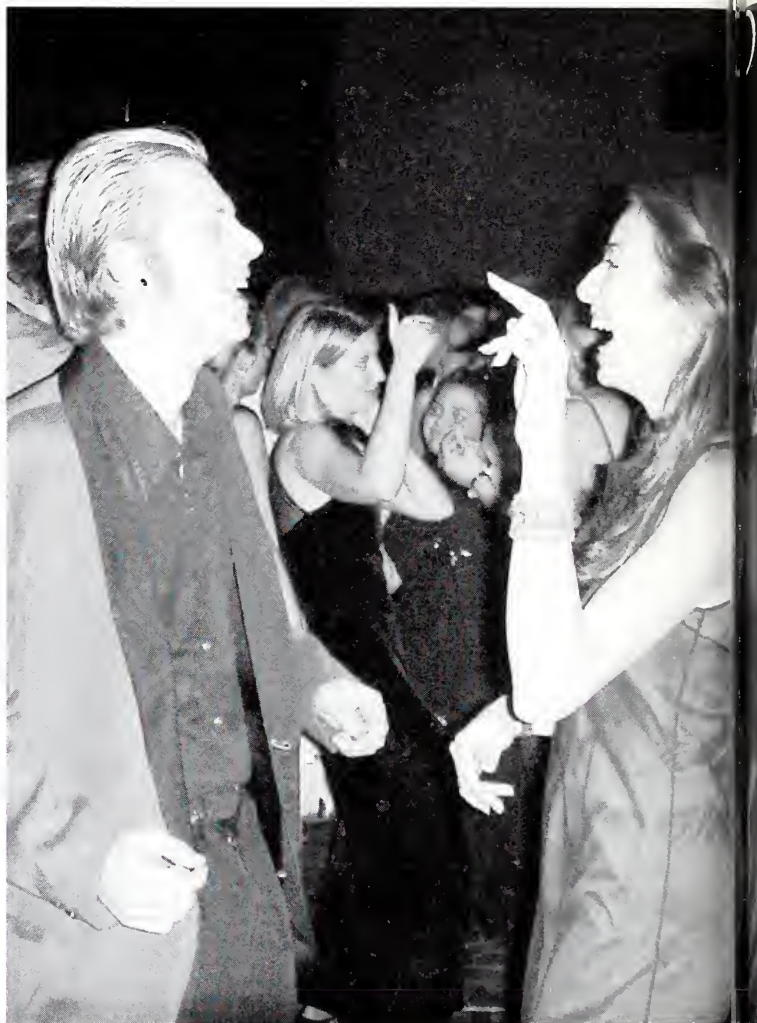
Struck by Mistle- toe Madness

· "The dance was fun because of the atmosphere. Everyone wanted to be there and all were having a good time," said junior Emily Harris.

· "It was great to dress up and go out with friends," said senior Laura Laureta.

· "The best part of the dance was getting down and crazy with my friends," said junior Jack Hempstead.

· "It was a good time for the few seniors that did go to have fun together for one of the last times," said senior Natalie Pyle.



SOPHOMORE Sarah Unger said, "I had a blast! My friends and I danced all night long. PAC did a great job this year—the decorations looked awesome!"

Photo by Andy Schilling

JUNIOR Dave Sprenger and sophomore Marissa Carelli jammed to the music. Sprenger said, "The best part of the dance was all the good looking ladies gettin' their boogie on."

Photo by Andy Schilling



Dancing the Night Away

SOPHOMORE
Lauren
Shugrue
and
junior
Kurt
Williams
got their
groove
on during
Mistletoe
Madness.
*Photo by
Andy
Schilling*



Mistletoe Madness, organized by PAC, was held in the ballroom of the Colorado Convention Center. The ballroom was transformed into a great atmosphere, including green, red, and white balloons. Senior Patti Odello said, "the Convention Center was a good environment for the dance."

A caricature artist and carolers added a fun, new touch to the dance. Junior Rachel Puckett said, "It was good to see everyone in a different setting than usual and dancing was fun."

For many, the dance offered a last chance for fun before the pressure of

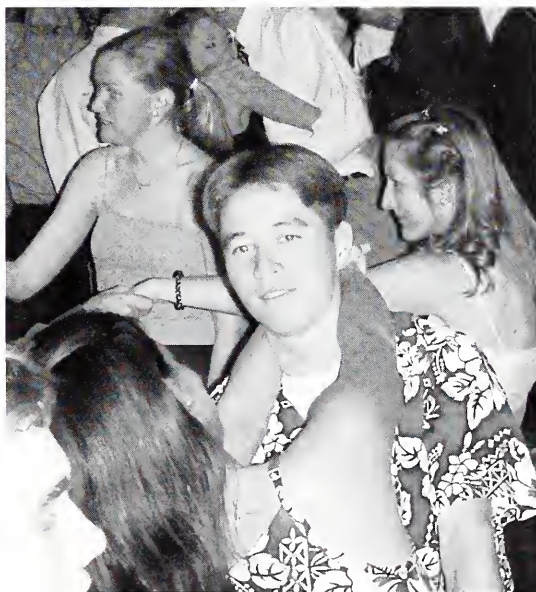
MUSIC,
DANCING,
FRIENDS, AND
FUN. STUDENTS
LEFT THEIR STUDIES
AT HOME, RINGING IN
THE CHRISTMAS
SEASON IN HIGH
SPIRITS AND
GOOD COMPANY.

By Jennifer Utt

finals' week became a reality. Just two weeks away from the end of the semester, students could escape homework and studies for a night of excitement.

Along with Christmas music, the dance featured a wide variety of tunes, from classics like "The Twist" to a more modern mix like "Summer Girls." People's attire also varied, from formal wear, like suits and evening gowns, to informal dress, like jeans and tees.

Many couples could be found in matching outfits. Overall, the dance seemed to put most in the Christmas spirit, bringing in the season with a crowd of friends, music, and dancing.



JUNIOR Justin Clarke and sophomore Jessica Catekista wore matching Hawaiian attire to the dance. *Photo by Andy Schilling*

"The most exciting part was when the world ended." Freshman Kevin Raleigh.

"From what I remember, it was a really good night." Sophomore Erin Liska.

"I went to my Mormon friend's house because he had all the stock-piles. Of course, now he just has a lot of toilet paper and beer." Senior Nicole Smith.



FRESHMAN Gina Tagge and sophomore Sarah Weilert pose for the camera at their New Year's bash. Both Sarah and Gina were new to Regis this year and found a common bond by working together in Campus Ministry. *Photo courtesy of Gina Tagge*



FRESHMAN Kristin Morales and junior Heather Morales light fireworks in Louisiana. They had over a million fireworks and a fire truck on hand to celebrate the new year. *Photo courtesy of Kristin Morales*

FRESHMAN Chris Bettis and his friends admire the view in Chicago. Bettis said that the best part of his break was being able to hang out with his friends and relax. *Photo courtesy of Chris Bettis*





Breaking Out The Bulbly

Hiding In The Bunker

By Katherine Robinson

Between warnings of impending doom from Y2K to arguments over when the new millennium actually begins, New Year's Eve 1999 seemed as though it would be exciting, to say the least. The world didn't end, and, in fact, the electricity didn't even flicker, let alone go out all together. These facts just created incentive for Regis students to party and endless possibilities for how to do so. From Las Vegas to New York, students found the best parties in the country. For those who stayed in town, Denver remained remarkably riot-free, although many businesses prepared for the worst by boarding up their windows. The police also took extra precautions and did not let anyone park downtown. Although sophomore Donald Bell was disappointed that "no cults committed mass suicides," most students were happy to change centuries without a hitch. In fact, very few, if any, students found bunkers from which to view the end of the world. Some were sad that they would, indeed, have to pay their rent come January first, but, overall, New Year's Eve 1999 was celebrated as a final send-off to the twentieth century.



FRESHMAN Kevin Raleigh shows off his incredible sense of style on New Year's Eve. He felt that his Hawaiian shirt added to his image as a lady's man. Photo courtesy of Kevin Raleigh

What's In & What's Out

By Steve Wagner

Regis was not unlike bigger schools with its diverse trends. Students here enjoyed the freedom to express themselves in all kinds of ways. From body piercing to different styles of clothing, each student was unique.

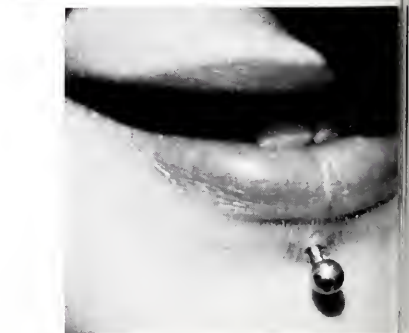
The 90's trends changed and things from the olden days were coming back into fashion: bell bottom pants and polyester shirts were both popular among college students.

Students were free to wear whatever they wanted, which was what gave the opportunity for such a wide range of variety. Some chose comfort over class. "I like to wear baggy pants and comfortable clothes, but I can get as dressed up as the rest of them," said senior John Koumantakis. Others chose to make a statement. "My clothing reflected my personality and what I like to do," said junior Anthony Santora.

The latest trends included tongue piercing and tattoos. Tattoos were a popular way for students to express their individuality. It was surprising when unexpected people got a tattoo, because tattoos often mirrored a person's personality and beliefs. Some of the most popular body parts to pierce included cartilage, tongue, chin, eyebrow, and belly button.

Dare to be different in the '90s

TATTOOS and body piercings were often seen as expressions of independence, when students were away from home and able to act a little rebellious.



Nothing offered an opportunity to express one's self, while also providing an opportunity to fit in with peers. Abercrombie and Fitch was a popular trend with students, especially this year's freshmen.



ACCESSORIES were seen as a welcome addition to one's attire. From watches to rings, bracelets to anklets, students had a variety of options to choose from.



SHOES often characterized a person's lifestyle—the athlete, the hiker, the partier; relaxed, uptight, stylish, traditional.



"I found out how much I missed having my dog last year in the dorms. I wanted to have a pet of my own."
Sophomore Erica Schutte

"We have a pet but it [an iguana] is not mine and I will not touch it."
Senior Susan Talley

"Dogs add a lot of fun to a house beginning with just playing around, to running after him when he steals something." Sophomore Marissa Gettman



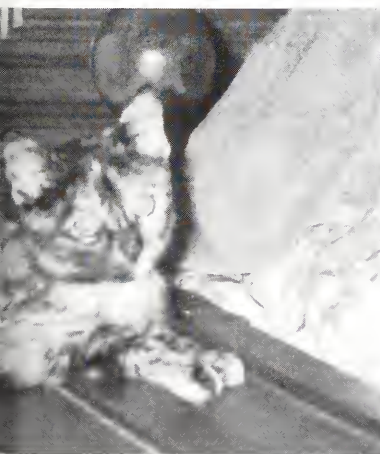
SOPHOMORES Marissa Gettman, Crystal DeVoss, Melissa Koehler, and Renee Faubion enjoy the company of Dakota, their roommate Erica Schutte's dog.
Photo by Jennifer Utt



CHAMELEONS are not the most popular pet, but they are a great addition to sophomore Erin Liska's room. Louie and Frank enjoy their home in a large fish tank and eat crickets that Liska provides for them.
Photo by Jennifer Utt

SENIORS Steve Wagner and Jana Stubbs have three different pets at their house including a dog, an iguana, and Nakita the cat.
Photo by Steve Wagner





Various Pets Keep Students

By Jennifer Utt

Animals — either you love them or you don't. Pets can provide companionship, keep someone from being lonely, or just be an addition to a house. Many students had to leave their pets at home when they came away to college, while others, who lived off campus, were able to bring their animals along. Students in the dorm rooms were more limited on their pet options; only fish were allowed; whereas, off campus houses allowed for a larger variety.

Some off campus students lived in houses with roommates who had pets, but they did not always care to have them around. Senior Susan Talley gave her roommate an iguana for Christmas. "When we bought the iguana, it was little and now it is huge. I will not have anything to do with the animal."

Many students had dogs as their pets. Sophomore Erica Schutte kept her dog, Dakota, at her house. Schutte said, "He adds a lot of excitement and he was best to have around when I was procrastinating. It was fun to take him to the park and play catch with him."

Happy and Provide Company



TEQUILA, the friendly dog, kept sophomore Katherine Robinson from being lonely. Photo by Jennifer Utt

Definition of

By Angela Frenier

"Spirituality" was a common term used on campus. Campus Ministry strived to "utilize the gifts and talents of students and their deep sense of spirituality." "Bringing spirituality into the halls" was the goal behind Peer Ministry. But what exactly was spirituality? A few moments of silence typically prevailed as both students and staff alike attempted to formulate their own definition of spirituality.

Does the essence of spirituality transcend our language? Even Webster's Dictionary offered several possibilities. Maybe spirituality was better expressed through actions, traditions, and art. Regis was rich in the Catholic tradition, as is obvious by the celebration of daily Mass on campus, the professors in white collars, and the statues that decorated campus. But was religion synonymous with spirituality or is it merely one form of spirituality? According to freshman Kelly Tripp, "spirituality was having a relationship with God," yet many atheists readily argued against her claim.

Though articulating it was difficult and it may be defined by diverse means, everyone at Regis had a sense of spirituality.

HANSA, yoga instructor at Regis, and Eileen O'Brien of Campus Ministry, demonstrate a yoga technique. Yoga connects the mind, body, and spirit through controlled breathing, stretching, and exercises. According to Hansa, "spirituality is the journey home, and home is something different for every person." Photo by Angela Frenier



Spirituality

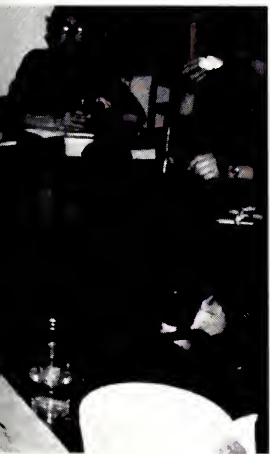




"The way you live your life is spirituality and organized religion provides the framework." Karen Smith, Campus Ministry

"Spirituality at Regis is manifested at Regis through service to those in need." Dave Law, Residence Life

"Integrating the common good through diversity is a crucial aspect of spirituality." Sophomore Niki Supebedia, Peer Ministry



STUDENTS and staff are anointed with oil and called to "bring forth a year of favor." This blessing and call to action concluded the Mass of the Holy Spirit, an annual celebration of Catholic spirituality. *Photo by Angela Frenier*

"NOURISHING the body and soul" at Soup and Scripture on Tuesday evening in the Coors Life Center. junior Gerald Fensterer contemplated his next cut in anticipation of a sweet reward. Dinner was provided and scriptures were discussed. *Photo by Angela Frenier*

"THY kingdom come, thy will be done." Father John Vowels celebrates Mass in O'Connell Hall with its residents. The participants of the Mass join hands as they say the Lord's Prayer. For many, prayer is an expression of spirituality and conversation with God. *Photo by Angela Frenier*

Opening Up For Others

By Jennifer Utt

Only on a retreat could students escape the craziness and stress of school, while relaxing with friends in the mountains. Campus Ministry gave students various opportunities to go on a retreat during the fall semester.

"Starting Now" was an overnight experience for new students to build community with others. The retreat was not specifically religious; but it gave students a chance to get to know each other. Senior Julie Hitzges, along with the rest of the Peer Ministers and sophomore Greg Leary, were a lead-

RETREATS WERE
AN OPPORTUNITY
TO RELAX, RE-
FLECT AND
DEEPEN ONE'S
RELATIONSHIPS
WITH THE SELF,
GOD, AND
OTHERS.

ers on the "Starting Now" retreat. Hitzges said, "the retreat was about transitions—leaving but not forgetting the past, while building new friendships and going forth into the present."

The Fall Mountain Retreat gave students a chance to get away to the mountains to explore and examine their relationships with God, others, and themselves. The theme of the retreat centered around an Ignatian Prayer dealing with the love of God, finding God in all things, praying, faith healing, and determining God's plan for one's life.

FRESHMEN Joeseeph Vasquez, Gina Tagge, Wesley Lisitza, Angie Stockton, and Lauren Davis work on a team building activity during the "Starting Now" Retreat. For the activity, the people who were blindfolded were either "deaf" or "blind" and they were the only participants who could speak. Students had to use communication and trust, while working together, to get the puzzle put together. Photo courtesy of Karen Smith



FRESHMAN
Katina
Foster
gives all
of her
faith to
her
partner,
who lead
her on a
"trust
walk"
during
the
"Starting
Now"
Retreat.
Photo
courtesy
of Karen
Smith





Prayer of Ignatius

Lord, my God, when your love spilled over into creation, you thought of me. I am from love, of love, for love.

Let my heart, O God, always recognize, cherish, and enjoy your goodness in all of creation.

Direct all that is me toward your praise. Teach me reverence for every person, all things. Energize me in your services.

Lord God, May nothing ever distract me from your love, neither health nor sickness, wealth nor poverty, honor or dishonor, long life nor short life.

May I never seek, now choose to be, other than you intend or wish.



DURING their free time on the Fall Mountain Retreat, sophomores Raina Hedge, Mindy Puga, and Elizabeth Rugile try to find God in all things, like in the beautiful surroundings of the mountains.

Photo courtesy of Karen Smith

FRESHMAN David Litzau acts as Bill Gates during the costume party on the Fall Mountain Retreat. The costume party added fun to the retreat, which was held over Halloween weekend. *Photo courtesy of Karen Smith*

A Closer Look

Sophomore Dan Miller spent first semester in an outdoor school, called NOLS, in Chile. He chose the area because it was the most intense program due to the difficult terrain and the unpredictable weather. They learned about the environment and how to survive in the elements. It was also a different cultural experience because the people in the area were very isolated from civilization. Dan said he would go back in a second if he had the chance. In the future, he plans to do something similar to this experience.



SOPHOMORE Dan Miller and friend pose for a picture while taking a break during a afternoon hike in Chile. *Photo courtesy of Dan Miller*

A view of the Arno River in Ponte Vecchio from the Piazza Michaelangelo, near Florence. It almost looks as if it were an oil painting. *Photo by Courtney Malanify*



A Whole New World

By Julia Flauaus

SOPHOMORE Courtney Malanify at the Leaning Tower of Pisa in Pisa, Italy. In the background, ropes are visible, trying to keep the tower from leaning too far. Photo courtesy of Courtney Malanify

After a while, school becomes repetitious and it feels like something is missing. For many, all they needed was a simple change in scenery. Choices included transferring to a different school or dropping out altogether. Some found a more creative way to change their surroundings, by studying abroad somewhere out in the great big world. Many partook in what the study abroad program had to offer. Students went to places all over Europe, Ireland, Australia, South America, and other places. Many students came to Regis from Ireland, China, Japan, Europe, South America, as well as many other countries.

Sophomore Courtney Malanify said this about her experience: "I went to Florence, Italy, for a semester, with 75 other students from all

STUDYING

ABROAD IS ONE

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STUDENTS

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COLLEGE CA-

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REALITY.

across the United States. It was hard to leave school, friends, and family for a place totally unfamiliar, but it was well worth it. I took Italian as one of my classes and am now a fluent speaker. Life is very different over there. There are also a lot of traditions, since most everything is hundreds, if not thousands, of years old. I traveled every weekend to other countries such as Germany, Switzerland, as well as other places in Italy. I would go back again to travel during the summer." For some students, studying abroad was the opportunity of a lifetime.

"I'm on top of the world!" Sophomore Dan Miller standing atop one of his many conquests in South America. Photo courtesy of Dan Miller



Learning By Teaching

By Angie Stockton

Walking into the classroom did not used to create nervous conditions. This time, though, was different. It was like that dream where you are standing in the front of the room and everyone is staring at you. In reality, though, everyone is staring at you, because you are their teacher, sort of.

Some students decided to remain in school for the rest of their lives, by becoming teachers. They joined the education program and studied how to become one of those teachers that makes a difference. In their lower level education classes they observed teachers in the classroom setting and discovered classroom management

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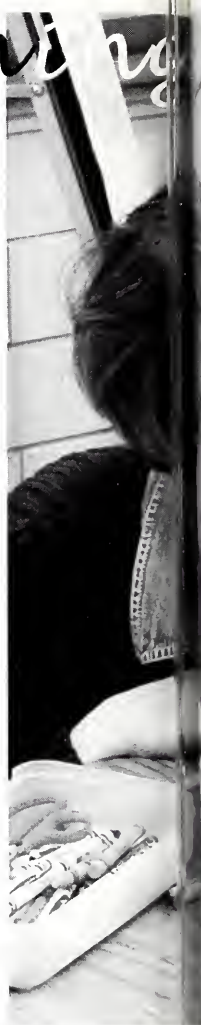
skills that they could try later in their own class.

Eventually, they were placed in a classroom, but this time they are giving the lessons, instead of doodling through them. They taught at the primary or secondary levels, sometimes with the teacher and sometimes without.

According to the Department of Education, which heads the student teaching program, there were not enough teachers to go around, so school districts in the area sometimes offered student teachers full-time jobs before they were even certified to teach in a classroom by themselves. Educational students usually postponed taking a job until they finished certification, but sometimes students accepted a position at the school at which they did their student teaching.

SENIOR,
Katharine
Vodehnal
works at
her
student
teaching
placement
at Flynn
Elementary
School.
To teach
at the
elementary
level,
student
teachers
could
major in
any
specialty
subject.
Photo by
Jennifer
Utt

By observing teachers at Flynn Elementary School, senior Leigh Gettman gained the experience she will need in the future, when she is put in charge of her own class. Photo by Jennifer Utt





Teachers Wanted

·Educational students had to complete hundreds of hours in the classroom setting, observing and assisting the teachers with lessons before being evaluated for licensure.

·Student teachers were taught not to rely on standardized tests to measure their students capabilities, however in order to become licenced teachers they had to take four standerzized tests.



READING to students is one way that senior Darla Weller practices to be a future elementary school teacher. In the state of Colorado, students cannot major in education. Instead, those interested in primary education found themselves studying a multitude of subjects. *Photo by Jennifer Utt*

SENIOR Nick Som helps one of his students with her classwork. The student teaching positions allowed future teachers to learn teaching methods from experienced teachers that they could make use of in their classes. *Photo by Jennifer Utt*



Carrying the Load



Trying to balance everyday life with school was difficult enough, but throw obligations to clubs and organizations into the mix, and life became all the more complicated. There were class schedules, sports, study time, and work to consider when choosing what other activities to take on. Clubs and organizations made many of the events happen on campus, so they were an integral part of student life and required members to spend a lot of their free time concentrating on the club.

Overlaps in meeting times placed pressure on participants. They were forced to reorganize their priorities and decide which meeting(s) carried more importance. Life was complicated for members of clubs, but they knew how much they could personally control and they survived by successfully carrying the load.

By Angie Stockton

Freshmen

Kevin Raleigh and Ashley Coors work together for her radio show on KRCX.

Photo by Britta Morris

Senior Chris Heidmann participates in intramural bowling. He was in charge of organizing the intramural program.
Photo by Angie Stockton



Senior Jana Stubbs and freshman Marisol Sullivan discuss a question Sullivan had about their jobs in Student Activities. Photo by Angie Stockton



Seniors Steve Wagner and Chris Heidmann chat between games at the bowling alley. The teams met on Tuesdays for three games. Photo by Angie Stockton

Alpha Sigma Nu



Front Row: Chris Vialpando, John Muir, Spencer Thorner, Christine Grimes, Deborah Bacon, Michelle Costa, Dr. Alice Reich. Back Row: Fr. Dick Dunphy, Jennifer Stapleton, Jeffrey Madrill, Andy Clem, Ian Curigan, Aimee Burkhalter, Nikki Van Reusen, Paul Buchholz, Seth Ludwig, Chelsea Wonacott-Mershon, Kitty Nangle, Kodi Erb

Bacchus



Anna Reishus, Liz Gengembre, Laura Laureta, Sally Spencer-Thomas, Jason Moore. Not Pictured: Stephanie Henry, Terrance Manegdeg, Susan Osborn, Sarah Sloan



by Angie Stockton

After School Activities

Going to college not only included going to school, but, for many, it also meant being involved in other activities as well. The question was how many clubs should we participate in? How do we balance that with being a full time student? If we have jobs, how do we juggle all three commitments and still manage to succeed?

For seniors Steve Wagner and Jana Stubbs, the job was not easy, but they managed to balance going to school, being in charge of clubs, and having outside jobs.

When asked how he managed his participation in four organizations and a full time job, Wagner said, "When I do have



Freshmen Heidi Kuertz, Ariana Etter and Ann Ridel sit outside, enjoying the sun while it lasted.
Photo by Jennifer Utt

free time, I don't abuse it. I don't watch T.V., I just do my homework. It's really hard because commitments overlap sometimes."

Stubbs found a creative way to meet all of her deadlines. "I put sticky notes everywhere. They remind me of tests, interviews, and homework."

Even though she was involved in four clubs and held a job in the Office of Student Activities, Stubbs sometimes felt as though she could not always concentrate enough on a particular club as much as she should have. She said, "There's so much going on. I often have to put things aside and I feel as though I'm not doing my part."

Biology Club



Jennifer Stapleton, Jonathan Marotti, Juan Sanchez, Kristina Dorenbos, Amy Streeb, Molly Cassell, Michael Manchak, Kelli Brown, Grace Gacek, Rebecca Russell, Jennell Gropp, Josh Olson.
Couch: Leandro dos Santos, Connie Phernetton, Jennifer Lux

Business Club



Audra Graham, Suzanne Bristol, Ian Currigan

Assistant Director of Campus Ministry, Ken Phillips, introduced the theme of Lights, Lessons, and Carols. *Photo by Jennifer Utt*



Freshman Tom Mashka lights the advent wreath, up to the pink candle, demonstrating it is the third week of Advent. *Photo by Jennifer Utt*



Sophomore Dana Weller was a "puppeteer" controlling one of the angel puppets. *Photo by Jennifer Utt*



Campus Ministry

Back Row: Karen Smith, Dana Weller, Fr. John Vowells, S.J., Ken Phillips, Mary Cook, Mark Ware, Max Kalchthaler, Kristopher Jarosz, Gerald Fensterer, Eileen O'Brien, Fr. Pat Weiss, S.J. Front Row: Kathy Schaefer, Stacy Forest, Melissa Beaudoin, Sara Weilert, Gina Tagge, Sarah Unger, Julie Hitages, Raina Hedge, Cristina Borelli, Mary O'Neill



Who are the angels in your life?

Have you ever wondered who was watching over you when your life seemed to flash before your eyes? Have you ever thought about the idea that it was your guardian angel watching over you? Angels at the Threshold was the theme of Lights, Lessons, and Carols, a Christmas program put on by Campus Ministry.

Four different angel puppets were created and used, as well as angel mosaics made by the Campus Ministry staff and many student volunteers. Sophomores Raina Hedge, Dana Weller, and Lauren Shugrue, were among those in charge of controlling the larger than life puppets while different stories were told. Explanations of how angels affected people's lives, including seeing

By
Jennifer
Utt

the faces of angels in friends, strangers, and the poor, were shared. Junior Jessica Fawcett said, "I am intrigued by the idea of angels. I believe that every person has unexplainable forces or people in their lives who guide and protect them. We all have guardian angels whether or not we believe in them."



Senior KaBao Cha role plays the life of an angel, describing the challenges, attitudes, and advantages of being an angel.
Photo by Jennifer Utt

Choices



Anna Reishus, Liz Gengembre, Laura Laureta, Sally Spencer-Thomas, Jason Moore. Not Pictured: Stephanie Henry, Terrance Manegdeg, Susan Osborn, Sarah Sloan.

he face of race

by Andy Schilling

I shouldn't be here. The statistics say I should be dead or in Jail," began Phillip E. Walker in his lecture on Martin Luther King, Jr. He explained his opinion, that each and every Regis College student was privileged to be at the school. That privilege carried with it a responsibility to the greater community, a responsibility Dr. King truly fulfilled. Unfortunately, not many people heard his message, as few showed up to hear the lecture. According to the Office of Admissions, the Regis student population was 77% Caucasian, but the issue of diversity seemed to fall on deaf ears this year.



Phillip Walker spoke to a small crowd about Martin Luther King.
Photo by Andy Schilling

Senior John Muir complained, "I was totally unaware anything was going on. And I'm an aware person." His feelings were not unusual. For the first time in several years, classes were not cancelled for the MLK day events that occurred each month during the spring semester. This con-

tributed to a lowered awareness. In addition, many students complained that the events were not publicized well enough. Many students felt like junior Michelle Costa when she said, "I think it is a very important day, but I think it is a semi-token thing at Regis. Especially this year, it was unsupported."

Desmet Hall

Back Row: Mara Naughtin, Sarah Unger, Ruben Pacheco. Front Row: Stephanie Henry, Spencer Thornber, Pat Bredenberg, Christy McFadden, Josh Olson, Paul Fulce. Lounging: Laura Cingoranelli.





At one of the MLK events the Alpha Phi Alphas, from CU Boulder, stepped at Thursday Thrills. *Photo by Jennifer Utt*



The Delta Sigma Thetas, also of CU Boulder performed. Here, the group's leader expounds on building communities to welcome minorities. *Photo by Jennifer Utt*



After watching the step dancers, junior Michelle Costa said, "MLK Day ought to address the Regis mission 'How ought we live.'" *Photo by Jennifer Utt*

Executive Cabinet



Back Row: Katie Savant, Christine Grimes, John Koumantakis, Nadine Banks, Rebecca Case, James Kaferly, John Feely. Front Row: Christine Schuster, Nicole Hemschoot, Tashka Smith.

Billy Kelly, junior Michelle Costa, and senior Becca Issacson prepare dinner together. *Photo courtesy Mary O'Neill*



Mary O'Neill and Father John Vowells, S.J. prepare for mass in DeSmet Hall. *Photo by Britta Morris*



Junior Michelle Costa, senior Becca Issacson, Mary O'Neill, and junior Paul Buchholz pair up for a team builder activity. *Photo courtesy Mary O'Neill*



Forensics

Coach Kevin Cummings, Andy Shilling, Dave Iverson, Russell Schultz, Jonathan Eichelberger, Bradley Lauer, Robert Spomer. Not Pictured: Lucie Tran, Yvonne Gil, Katie Savant, Tara Sakraida



service and Romero House simplicity

In its eighth year, Romero House has been serving the community of Denver with a focus on service, community living, social justice, spirituality, and simplicity. Romero House, founded by Father Vince O'Flaherty SJ, was designed with an open atmosphere. Romero House welcomed the community, Regis students, family, and friends.

To educate Regis students, Romero House raised the awareness of social justice issues. Romero House, in conjunction with Campus Ministry and the Center for Service Learning, held several programs throughout the year to get students involved. Regis students and the surrounding community were always invited to Romero House for a Mass and dinner on Monday nights. Romero House stressed the im-

By
Ruby
Veniegas

portance of community. This year's students living at Romero House consisted of senior Becca Issacson, juniors Michelle Costa and Paul Buchholz, and Romero House coordinator, Mary O'Neill.



Senior Becca Isaacson, junior Paul Buchholz, Mary O'Neill, and junior Michelle Costa sit down for a wonderful dinner at Romero House. Photo courtesy Mary O'Neill

Together these four shared support, a sense of commitment and responsibility, and experienced growth. They took time for prayer and to just have fun. Romero House supported its inhabitants and the community.

Highlander



Front Row: Anna Curtin, Nicole Smith, Chelsea Wonacott-Mershon, Tricia Etchart, Kara Mattini, Jessica Fawcett. Back Row: Ashly Hoffman, Allison Armstrong, Delaine Carter, Kevin Berman, Sean Egan

Junior Sara Strike had clinicals in the labor and delivery unit of St. Joseph's Hospital. *Photo by Britta Morris*



Traditional undergraduate seniors, along with accelerated nursing students, administered immunization shots at Children's hospital. Top, l to r: Tanya Hawthorne, Amy Hogbach, Angela Croft. Bottom l to r: Britt Johnson, Kelly Martinez, Kimberly Wind, and graduate student Amy Ford. *Photo courtesy Nursing Department*



Senior nursing student Elizabeth Singer helped with immunizations at Children's hospital. *Photo courtesy Nursing Department*



Insignias

Jeff Quintana, Anna Reishus, Jeremy Cernanec, Sheri Deaguero. Not Pictured: Greg Leary, Dana Emmons



Working For Others

by Jennifer Utt

The nursing program was different than other traditional programs. During their freshman and sophomore years, students focused on prerequisites to admission into the program.

After students were in the actual program, the junior and senior years had classes focused on nursing three days per week. Two days per week, the students worked at clinicals in hospitals.

Juniors' first semester clinicals included healthy aging (working at assisted care facilities and nursing homes), obstetrics, labor, and delivery. The second half of students' junior year and the first half of their se-



Junior Gina Meiner received instruction from a nurse in the labor and delivery unit. Photo by Britta Morris

nior year, students worked in the areas of medical surgical, pediatrics, psychiatry, and home health. For the last semester, students were primarily in the hospitals and also participated in a practicum.

Junior Nursing student and RANS president Sara Strike said, "Regis has an excellent program that in-

corporates a balance between the artistic, scientific, and holistic elements of the profession."

Regis Association of Nursing Students (RANS) was an organization that aided nursing students in the development of the whole person through participation in community affairs, logistical affairs in the department, and health promotion.

International Hosts



Dan Hamann, Kiley Perrich, Justin Clarke, Jenn Cook, Chris Vialpando
Not Pictured: Melissa Chavez

The Spirit of the Lord Is Upon Me

Where can you find a warm welcome, a basket of candy, and a

group of mosaic-gluing ministers? The answer: the Campus Ministry office. Campus Ministry provided a variety of spiritual activities for students including retreats, daily

Mass, and Soup and Scripture. Sophomore Sarah Weiler said, "My favorite part of Campus

Ministry was the people, their love for Christ, and the fire of the Spirit. People came and hung out in our office because they enjoyed the atmosphere." It all boiled down to community—the programs, people, and prayers helped to unite the Regis family, bringing them together to share their faith and lives. "In CM we became so close and we made an effort to minister to each other. We were able to create events that nurtured the spirit of our community. I love that the people that I work with are the same people I pray with," said junior Cristina Borelli. Campus Ministry joined with the community in seeking more ways of living, thinking, and acting with God. This followed the Ignatian tradition.

By
Jennifer
Utt



Senior Mark Ware and freshman Stacy Forest make ribbon banners for one of the Campus Ministry celebrations. Photo by Mary Cook

KRCX

Dan Kaiser, Dave Radford, Advisor John Hickey, John Muir, Katina Foster, Justin Walker, Patrick Russell. Not Pictured: Michael Bierman, Daniel Faigal





One of the jobs of the Campus Ministry work studies was to make students feel welcome in the office. Freshman Tom Maschka works on a project for one of the many Campus Ministry events. Assistant Director of Campus Ministry Ken Phillips said, "The student staff was really great this year—they have new energy, ideas, and attitudes." *Photo by Mary Cook*



Sophomores Raina Hedge and Dana Weller, junior peer minister Jessica Fawcett, and sophomore Max Kalchthaler went on a retreat with Campus Ministry before school started so that the staff members could become better acquainted. *Photo by Mary Cook*

For the Mass of The Holy Spirit, freshman Gina Tagge makes colorful ribbon banners. *Photo by Mary Cook*

Model League of Arab States



Back Row: Renee Faubion, Tamra Scheetz, Min Young Kim, Elizabeth Ethredge, Anthony Amato. Front Row: Pamela Holmes, Chrissy Brummer, Dr. Gladys Frantz-Murphy

by Andy Schilling

ducation for the soul

Kairos was the most amazing experience of my life thus far," exclaimed sophomore Christy McFadden. Every year, just as second semester becomes overwhelming, many Regis students leave campus altogether to do work of a different sort. They work on their spirits. Kairos was probably the high point of the retreats provided by Campus



This year senior Becca Isaacson along with senior Kate Balasa were co-rectors of the retreat.
Photo by Jennifer Utt

Ministry this year. Sophomore Tom Maschka certainly felt it was, "Kairos was the most unique retreat I've ever attended, very different, yet very fulfilling." He elaborated by saying, "Kairos really gives you a chance to step back and take a look at yourself" really find who you are and what needs to be fixed."

The Kairos retreat was not solely about inward focus, though. It truly strengthened the Regis community. McFadden pointed out, "I learned a lot about myself and I feel a lot closer to people I never knew because we all grew together over the course of the weekend." Sophomore Greg Leary felt the same way about his retreat, "It allowed me to meet people on a spiritual

level."

Participants on the retreat came back renewed and reinvested in themselves and Regis. Sophomore Laura Henneberry said, "I learned so much about myself and my goals and that I shouldn't let anyone take me off the path towards those goals."



Multicultural Affairs

Back Row: Nadine Banks. Front Row: Michelle Sierra, Melissa Chavez, Megan Casida



Father Tom Cummings found a kindred clown in sophomore Christopher Mariani. *Photo courtesy Mara Naughtin*



"You can learn so many things about yourself and other people that you just wouldn't ever get a chance to know in the normal Regis day," explained sophomore Laura Henneberry and her friend junior Christine Schuster agreed. *Photo by Jennifer Utt*



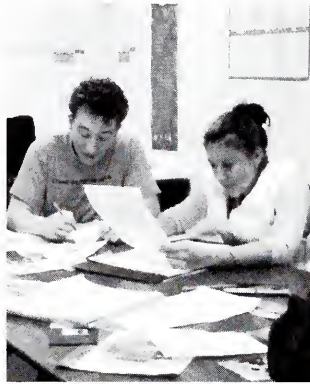
Dancing by junior Paul Buchholz, sophomores Christy McFadden and Marissa Carelli, junior Heather Morales and senior Mark Ware. *Photo courtesy Mara Naughtin*

O'Connell



Back Row: Michele DeCianne, Mary Beth Cahill, Emily Till, Jeffrey Madril, Robert Spomer, Andy Clem. Front Row: Aimee Burkhalter, Cindy Scavarda

Ranger editors, sophomore Morgan Mikkelsen, junior Jennifer Utt, and freshman Britta Morris with Joan Connors. *Photo by Andy Schilling*



Editors Andy Schilling and Julia Flauaus edit final proofs before pages are mailed for the final fall deadline. *Photo by Jennifer Utt*



Junior Jessica Fawcett, junior Chelsea Wonacott-Mershon, and sophomore Christy McFadden gather around a computer in the Highlander office, doing final edits for one of the paper's bi-monthly distribution deadlines. *Photo by Britta Morris*



Peer Ministers

Back row: Niki Supebedia, Julie Hitzges, Gerald Fensterer, David Champlin, Jessica Fawcett. Front Row: Heather Miller, Fr. John Vowells, S.J.





A day in the life of

by Morgan Mikkelsen

Editor-in-chief. Deadlines. Latenights. Proofs. Paste-ups... Words guaranteed to raise the blood pressure of an editor of the *Highlander* newspaper or the *Ranger* yearbook. Doubling as both a class and a workstudy position, the job required more than a weekly meeting. During a typical deadline week, editors took

their work home with them; some even brought things to class.

Ranger editor-in-chief, junior Jennifer Utt said, "I've caught myself doing final proofs for pages during class and trying to get things done in the yearbook office in the ten minutes between classes."



Juniors Chelsea Wonacott-Mershon and Kara Mattini, and senior Margaret Ahlberg proof for the *Highlander's* final fall deadline.

Photo by Morgan Mikkelsen

Regular meetings did offer some consistency, however. Senior Margaret Ahlberg, managing editor for the fall *Highlander*, stated, "We meet every other week to talk about the layout of our feature, brainstorm ideas, and give staff members their story and picture assignments."

The job of editor was not always grueling. Keeping up morale was essential when work sessions turned into latenights. Junior Kara Mattini, managing editor for the spring *Highlander*, said, "Sometimes we would push ourselves to the absolute limit and then go out to the bar to unwind."

Peer Support



Anna Reishus, Liz Gengembre, Laura Laureta, Sally Spencer-Thomas, Jason Moore. Not Pictured: Stephanie Henry, Terrance Manegdeg, Susan Osborn, Sarah Sloan.

Junior Dan Kaiser and senior John Muir discuss schedules for the DJ's. Assistant Music Director, senior Michael Bierman said, "KRCX is stretching the limits of college radio." *Photo by Britta Morris*



Freshman John Moyers took time out from his radio show to read the newspaper. *Photo by Britta Morris*



Sophomore Patrick Russell and his friends DJ for the "Metal Retardation" radio show. *Photo by Angela Stockton*



Pep Band

Stephen Heck, Aaron Mattley, Advisor Don Bush, and Justin Glasmann.



Hitting the airwaves with a new experience

KRCX, the new experience. This year, KRCX brought new experiences for the staff of the radio station. One of the biggest events that happened to KRCX, 101.5, was its move from AM transmission to FM stereo. When the move was made to FM transmission, the station was able to reach more listeners, which interested record labels. General Manager, senior John Muir said, "Going FM has greatly improved every aspect from programming to community involvement. It's also way more fun." More and more labels sent their music to be broadcast over the airwaves to be introduced to students. The station also had a new logo drawn, by a local artist, to put on their apparel that was also made available to the student body.

Another new experience for the KRCX staff

was the addition of a large number of Disc Jockeys. According to Assistant Music Director, junior Michael Bierman, the staff grew to over 70 DJ's and eight staff members that held office positions, more than KRCX has ever had.

Because of the overflow of participation, the station involved itself in more activities, such as working at Avalanche games and broadcasting from the first concert at the Pepsi Center.

By
Angie
Stockton



Senior John Muir, junior Dan Kaiser, senior Michael Bierman, and freshman Katina Foster discussed staff procedures. Photo by Britta Morris

Programming Activities Council



Back Row: Katherine Beamon, Dave Sprenger. Middle Row: Erin Liska, Kristen Clingan, Heather Watts, Craig Gamble. Front Row: Laura Miller, Jared Martin, Dana Emmons.

Called to be Priest Prophet and King

Jesus instructed his followers that they were to be "Priest, Prophet, and King" to one another. The Peer Ministers followed that call this



Junior Justin Walker and Father Tom Cummings decorated the Peer Ministry room for Christmas. It helped the students remember what Christmas really means. *Photo by Jennifer Utt.*

year. Junior Jessica Fawcett explained, "College is a period of transition—we provide a welcome environment for students to address or express concerns about religion, spirituality,

*By
Andy
&chilling*

ity, or life in general." Peer Ministry provided a unique opportunity for both the students who

chose to be ministers and for the student body. Few universities have a similar organization. The Peer Ministers truly strengthened the Regis community, especially in the dorms. Sophomore Niki Supebedia elaborated on this idea: "It's given me an opportunity to know the residents, especially the freshmen. I don't know if I would have otherwise. But now, it's part of my job." The Peer Ministers were not alone. They were assisted by Campus Ministry and Father Tom Cummings. Junior Gerald Fensterer found Cummings to be "a great resource." The Peer Ministers filled the very subtle, but very necessary role that Jesus outlined. They were not ordained priests, but they were priests to the student body. "We are there if people need a peer, hence the name," Fensterer explained.

PsiChi Club

Front Row: Jonathan Marotti, Kitty Nangle, Ben Celius. Back Row: Kathleen Brady, Vice President Jennifer Stapleton, Treasurer Becca Isaacson, Kristina Dorenbos, Kristin Kiolbasa, Jana Secord. Not Pictured: John Feely





Sophomore Heather Miller lived and worked in O'Connell as a Peer Minister. She was always willing to talk, but her fellow residents knew she was especially willing to listen. *Photo by Andy Schilling.*



Peer Minister, junior Jessica Fawcett kept the halls decorated. "We are here to supplement the R.A., to be there as a go-to person, help by referring, or just being a listening ear." *Photo by Jennifer Utt.*

Peer Minister, sophomore Niki Supebedia kept warm during a Peer Minister movie night. *Photo by Andy Schilling*

Ramblers



Back Row: Gerald Fensterer, Doug Miller, Spencer Thornber, Jon Garcia, David Champlin. Middle Row: Lisa Arling, Gina Tagge, Cristina Borelli, Kirsten Myers, Megan Woods, Molly Cassell, Chrissy Brummer. Front Row: Philip Martin, Liberty Tillemann-Dick, Charity Tillemann-Dick, Glorianna Tillemann-Dick, Angela Hawkins, Laura Cingoranelli, Sara Weilert, Martha Donagher

ue pasa aqui

by Morgan Mikkelsen

For some students, the only exposure to Spanish came from Sesame Street. For others, Spanish became a larger part of life as they filled their core requirement and broadened their cultural horizons. Six to eight hours of foreign language experience was required to fulfill the core. Regis offered German, French, Spanish, Latin, Greek. Spanish was by far the most popular foreign language among students, and, many would argue, the most practical. Senior Tashka Smith said of her Spanish major, "It's crucial to our forming culture. It's the second most spoken language in the



Freshmen Esther Gaido and Carlos Gomez, and junior Luis Posada perform a 12th century play. Photo by Morgan Mikkelsen

country. Crazy." Many students chose a Spanish major or minor to enhance their education and potential entrance into the workforce.

For the final exam in Senora Medina's Spanish classes, students had a choice. Freshman Angie Stockton said, "If we did well in the fall production, our performance replaced our final exam. It gave us a chance to let loose and have fun before finals." The dances were led by

freshman Sara Ramirez, who took classes in traditional Spanish dancing. Ramirez also performed with three members of her dance company.

Foreign language classes offered students insight into other cultures. Whatever the language, exposure was an added benefit to the Regis experience and an essential part of the liberal arts core.



Regis Association of Nursing Students

Kim Le, Sara Strike, Sarah Sloan, Christine Schuster, Heather Morales, Rob Kreiselmeier, Teresa Kjederkvist, Megan Casida





Freshman Sara Ramirez performs a traditional Spanish dance with her partner, a native from Mexico.

Photo by Morgan Mikkelsen



As Mary and Joseph, freshman Katherine Nettleton and sophomore Bert Gallegos sing together during the intermediate Spanish class performance at the O'Sullivan Arts Center. *Photo by Morgan Mikkelsen*



Senora Medina's intermediate level Spanish class watches and sings as she assists her granddaughter, Gina, in hitting the pinata with a plastic bat. The tradition was a part of the Las Posadas celebration. *Photo by Morgan Mikkelsen*

Regis Outdoor Club



Christy Bruckner, Katie Balestra, Myles Schonekas, Lindsay Chabot-Olson, Tymbre Smith, Jenne Bencken, and Andrea Buscher. Not Pictured: Todd Emo, Marisol Sullivan

Junior Aimee Burkhalter participated in Choices' Alcohol Responsibility Week, demonstrating to others what happens during a sobriety test. *Photo by Kevin Beerman*



Junior Stephanie Henry, senior Laura Laureta, and junior Anna Reishus pose behind the "Bye-Bye Barbie Image Awareness" booth at the Choices National Convention in Orlando, Florida. Reishus was one of six recognized nationally for this program. She said, "It was really exciting and a big honor to win the award, because it proved my hard work paid off." *Photo courtesy of Sally Spencer-Thomas*



 **choices**

In connection with the "Bye-Bye Barbie Image Awareness" campaign, juniors Anna Reishus and Stephanie Henry give a presentation. *Photo courtesy of Sally Spencer-Thomas*



Romero House

Paul Buchholz, Mary O'Neill, Becca Isaacson, Michelle Costa



Options ~~Choices~~ Decisions

The difficult part about making choices is not actually making the decision, but weighing the consequences. Choices has been a part of Regis for some time now, but the mission has been redefined since its foundation with a grant from F.I.P.S.E. The organization was run by Dr. Sally Spencer-Thomas.

The mission of Choices was not to function as an anti-alcohol organization, but rather to aid students in making the best decisions. In order to do so it had three primary goals: First, to provide alternatives, such as the UnBar, so that students do actually have a choice. Second, providing students with role models who have been successful without alcohol — or in spite of it — such as Reggie Rivers. Thirdly, the Choices program provided critical decision-making aids.

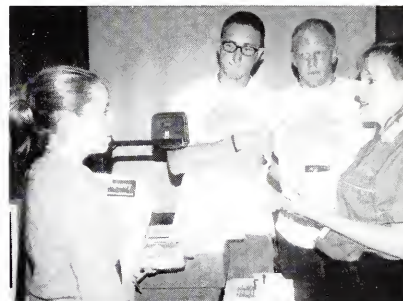
By
Andy
Schilling

During Alcohol Responsibility Week the Choices staff allowed students and staff to speak out on how they have been affected by alcohol.

They also role-played during the week by getting volunteer upperclassmen intoxicated and then having them attempt a police sobriety test.

Junior Aimee Burkhalter said, "The role playing really helped me

understand how terrible it would be if this happened. Now I'm very careful."



Seniors Craig Gamble and Jared Martin participate in a conversation with Choices director Sally Spencer-Thomas and a representative from the national convention, which the group attended in November.
Photo courtesy of Sally Spencer-Thomas

Service Club



Bret Kramer, Chrissy Brummer, Piper Forstedt, Lori Kramer, Angela Frenier

Freshman Danielle Pentz and a Skinner student tried on vests at the Gap for a scavenger hunt downtown.

Photo courtesy of Michelle Costa



On the 16th Street Mall, freshman Jennifer Pablos and Skinner students pose with a security officer. *Photo courtesy of Michelle Costa*



Junior Tricia O'Neill, sophomore Dana Weller, junior Corey Schenck, freshman Lauren Davis, senior Mark Ware, junior Jennifer Bowman, and sophomore Rhett Haynes prepare for a game of laser tag with Skinner students. *Photo courtesy of Michelle Costa*



Student Involvement Committee

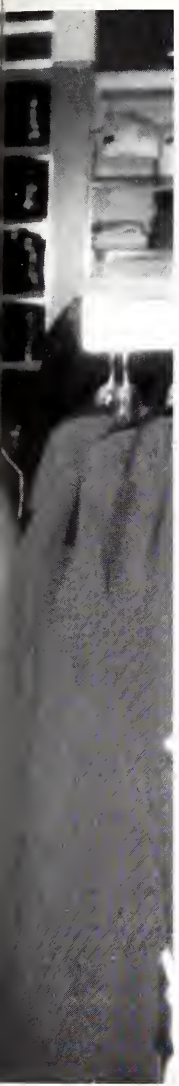


Back Row: Corey Schenck, Patrick Buell, James Kaferly. Middle Row: Sarah Unger, Erin Christianson, Amy Christianson, Christine Grimes, John Feely. Front Row: Hollie Velasquez, Laura Henneberry

Student Senate



Back row: Ian Currigan, Jack Hempstead, Dave Sprenger. Middle: Katie Savant, John Koumantakis, Nadia Reyes, Nicole Hemschoot. Middle: Michelle Sierra, Marissa Carelli, Bret Kramer. Bottom: Christine Schuster, Rebecca Case, Melissa Chavez



by Jennifer Utt

Meeting for Fun

The Cascade Project allowed students from Regis to interact with students from Skinner Middle School in a social setting. The Regis mentors and Skinner students went on field trips every Thursday. The program allowed middle school students to have positive role models outside of a school environment. Junior Corey Schenck said, "Cascades was a great way to interact with the community around Regis. The kids were enthusiastic and crazy and we were all excited while doing fun and positive activities. We learned all about Denver and could escape the pressures of school." Ac-



After a game of laser tag, juniors Corey Schenck, Rhett Haynes, and senior Mark Ware have snacks with Skinner students. *Photo courtesy Michelle Costa*

tivities included laser tag, bowling, a camp-out in the ALC gym, scavenger hunts, ice skating, IMAX, a visit to the zoo, and many more.

Cascade coordinator junior Michelle Costa said, "I think Cascades was important because it allowed us [students] to make a difference in someone's life. I have never done service where the decisions I have made were important in

someone's life. The Skinner students looked at Regis students as role models and we could show them that education is important. They can go to college and have goals which at Skinner sometimes may seem like an impossible reality."

West Hall

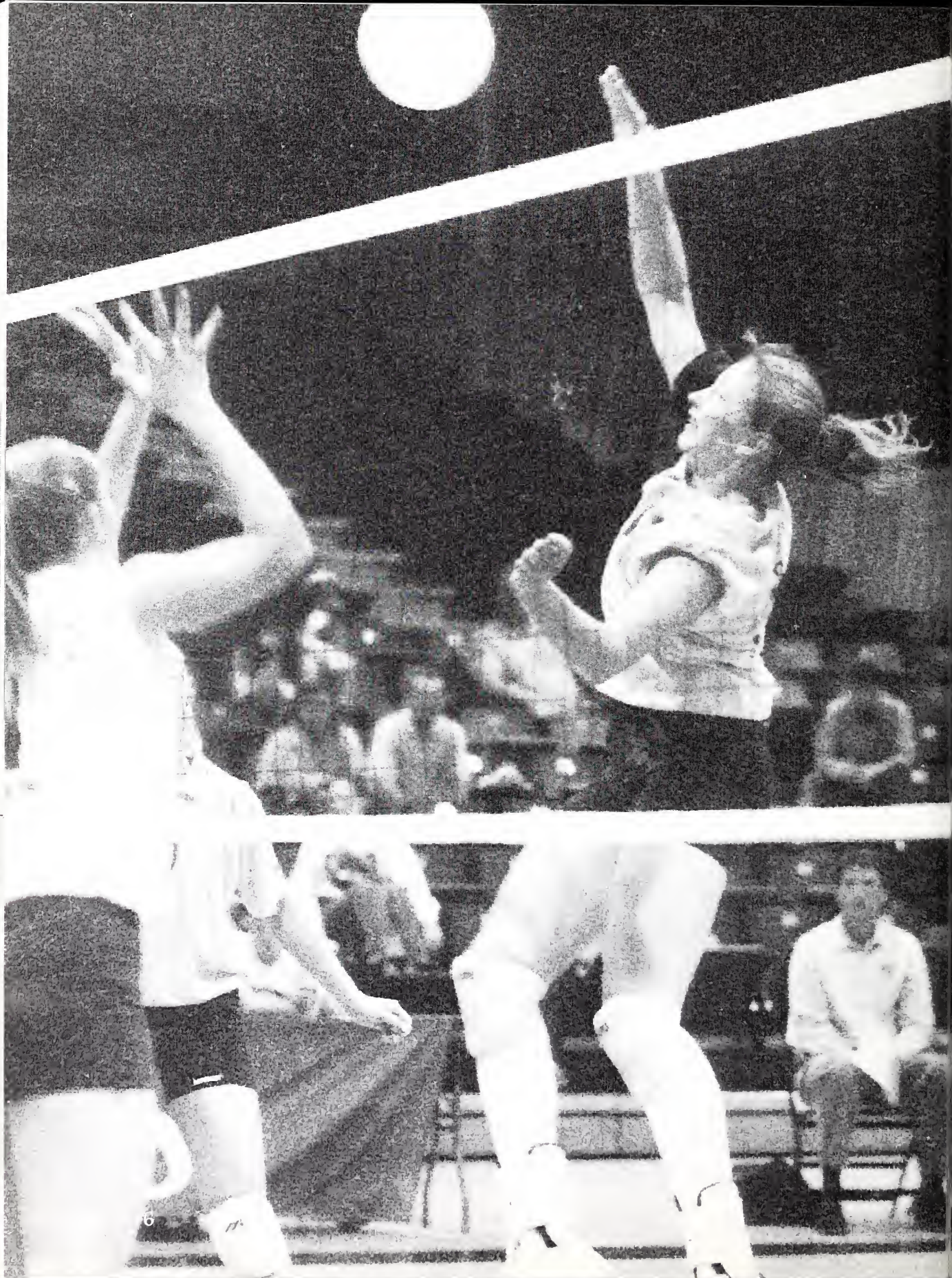


Back Row: Aubrey Odle, Marissa Carelli, Erin Cassidy, Max Kalchthaler. Front Row: Nadia Reyes, Julie Severson, Aaron Mattley

Yearbook



Advisor Joan Connors, Jennifer Utt, Morgan Mikkelsen, Angela Stockton, Julia Flauaus



Tipping the Scale



110%. Go for the gold. Sacrifice. Hard work. Dedication. Superfan. A few words to summarize the onslaught of athletics. A dawn of a new era began for all Regis sports this year. The excitement of the end of the century meant nothing compared to the euphoria of winning that final game or scoring that extra point. That is what tipping the scale is all about. Giving it your all, going that extra mile. Weighing in at varsity level for its first year is Women's Lacrosse. Superfans are dedicated sport watchers spending much of their free time attending games. It is comforting to know that the athletics program was highly supported. When the going gets tough, play a sport, sit down or stand up and watch one.

By Julia Flatauus

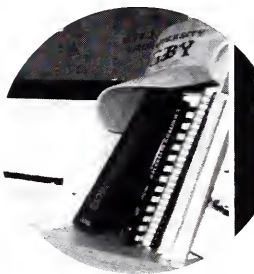
Sphere

Renee Faubion tipping the ball to the other side of the net, while senior Nikki Van Reusen looks on.

*Photo by
Arthur
Bilsten*

The majority of serious collegiate athletes had the dream of one day becoming a professional in the sport they played. For many, that thought was only a fantasy. Since all athletes could not rely on their game to guide them through life, they turned to academics. To put a great time into was far important playing team. The should be deal of studies more im- t h a n a g a m e just part of the fun, the love of a different life. It was difficult to keep up studies during the season; there had to be a balance between homework and class—from practice to play time. Many athletes took a lighter academic load because their teams were often on the road, which meant classes were frequently missed. The registration process helped with this headache. During the sports season and academic period, those athletes were able to register early to ensure that they recieved the classes they needed to take. It was hard just to study for school, but to play a sport added pressure to maintain good grades. Eligibility was determined by evaluating students' grades and class attendance. The majority of athletes said that playing a sport helped them keep track of time and that added pressure to do well kept the concentration level at its peak. Finding the right balance between work and play was what it was all about.

By Julia Flatauus

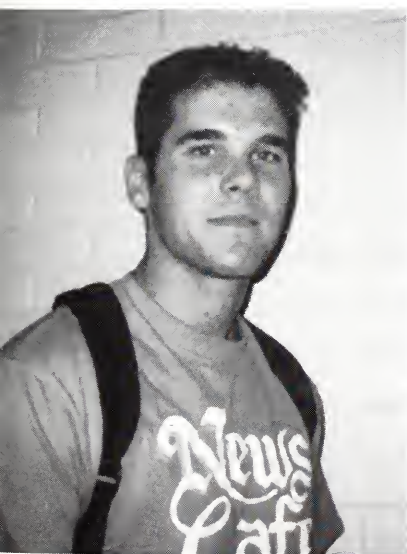


“Study table helped out a lot during soccer season to buckle down and focus on the importance of school,” said freshman Brendan Uniacke. *Photo by Julia Flatauus*



Freshman Molly Marrin organizes her time around schoolwork as well as basketball practice. Both help her to keep track of what's important in her life. *Photo courtesy of Molly Marrin*

Serious



Freshman Nicole Meyer does her math homework in the library at women's soccer study table. *Photo by Shantelle Wagner*

Sophomore Andrew Hodge studies in the library frequently where the environment is very quiet, so he can concentrate on school work. *Photo by Julia Flatau*

"I couldn't imagine life without sports. My time would not be managed well without my life being scheduled around basketball practice. Also, it keeps me focused on academics as well as the game, but they are both separate entities of my life," said sophomore Erica Schutte. *Photo courtesy of Melissa Kochler*

Triumph and Tribulation



Junior Amie Schraeder(6) passes the ball, as her teammates, junior Jennifer Rupp(10) and sophomore Renee Faubion(15), back her up. Schraeder led the team in kills, with 448. *Photo by Arthur Blisten*

Senior Nikki Van Reusen spasses the ball. Van Reusen said she was most proud of the team because "We came together and put our hearts into it at Regionals." *Photo by Arthur Blisten*

Sophomore Marissa Gettman prepares for the serve. Her best contribution to the team was her fiery attitude, which she brought to practice and competition. *Photo by Arthur Blisten*



VOLLEYBALL

BYU Hawaii.....	0-3	*Adams State	3-0
Hawaii Pacific	0-3	*Fort Lewis	3-1
Westmont	3-2	*Mesa State	3-0
Indiana-Purdue	2-3	*Western State	1-3
Westmont	3-0	*CU-Springs	3-0
BYU Hawaii.....	0-3	*N.M. Highlands	3-0
Northern Colorado	3-0	*Southern Colo.....	3-2
Central Missouri	3-2	*Nebraska-Kearney..	1-3
West Texas A&M ..	0-3	*Fort Hayes State...	3-1
Minnesota-Duluth ..	2-3	*Colorado Mines ...	3-1
*Nebraska-Kearney	3-0	*Metro State	3-1
*Fort Hayes State ..	3-0	Chadron State.....	3-1
Northern Colorado	2-3	Colo. Christian.....	3-2
*Colorado Mines ...	3-0	Mesa State.....	3-1
*Metro State	3-1	Western State.....	0-3
*Chadron State	3-0	W. Texas A&M.....	0-3
*Colorado Christian	3-0	*conference games	

Sophomore and middle hitter Renee Faubion aims for a down ball. In her sophomore year, Faubion ranked third in the RMAC conference in hitting percentage (.306). Photo by Arthur Blisten



The 1999-2000 Volleyball team. Front (l to r): Marcus Notheisen, Tara Gonzales, Jennifer Dodgin, Ginger Craig, Amy Willhoit, Marissa Gettman, Rob Reyhard. Second row (l to r): Megan Woods, Nikki Van Reusen, Merian Middleton, Jennifer Rupp, Ann Appel. Third row (l to r): Amie Schraeder, Brooke Stephens, Dusty Creager, Maureen Stolle. Fourth row (l to r): Fr. Ridgeway, Asst. Coach Frank Gray, redshirt Wendy Zevenbergen, Renee Faubion, Head Coach Frank Lavrisha. Photo by Arthur Blisten

Although the Regis Volleyball team suffered more injuries than they ever had, they still managed to accomplish a winning record of 22-11 overall, with conference matches at 17-2. As Senior outside hitter Nikki Van Reusen said, "We ended the year with a winning season, despite overcoming a plethora of challenges." Some of the team's injuries included: two torn ACL's, a herniated disk in the back, an appendicitis, an injured shoulder, and two teammates left for personal reasons.



The team was coached by Frank Lavrisha, who was in his 14th season as the Ranger's head coach. In those fourteen years, he had a 339-135 record and led the team to nine conference championships. It was clear that Frank Lavrisha had been a huge asset to Ranger athletics. It's no wonder that the Rangers were able to work through all the challenges this season and still come out on top.

By Angela Hawkins

The 1999 men's soccer season proved to be a difficult one. Most of the games were pretty close. The team lost its morale over time. The effort was there, but things just did not always go their way. One thing that did not help was that the team felt that the support from the fans dropped off halfway through the season, when it was needed the most. After eight players left at the end of last year's season, there were big shoes to fill. It definitely was a rebuilding year. It was a young team, full of gifted players, promising a bright future ahead. There was a really great opportunity to build a good team for next year. Sophomore Moussa Doucoure made 2nd team All-Conference this season. There will be strong veteran leadership returning, meaning more consistency in playing. Sophomore Dan Colbert commented, "It was a tough year but we learned a lot. I am looking forward to see what new talent will come together to join the rest of us for a great season next year."



Senior Michael Schmidt keeps the ball to himself, while contemplating his next move. Photo by Arthur Blisten



By Julia Flannus



The 1999 Ranger Men's Soccer Team. Front row (l to r): Ryar Mahany, Brendan Uniacke, Michael Schmidt, Patrick Lockerd, Seth Ludwig, Roozbeh Ehdaie, Chad Mulliniks, Moussa Doucoure, Sean O'Brien, Michael Simmonds. Back row (l to r): Coach Amy Machin-Ward, Daniel Colbert, Matthew Smith, Jared Martin, Richard Wolf, Heath Kidd, Tony Baker, Craig Gamble, John Muhlbauer, Jonathan Lewien, Kenneth Cortsen, Asst. Coach Tim Lavin, Asst. Coach Eric White. Photo by Arthur Blisten

Take Your Aggression



MEN'S SOCCER

Colorado Springs ...0-3	St. Ed's College3-4
Texas- Wesleyan0-1	West Texas A&M ...3-2
Incarnate Word0-3	*S. Colorado2-3
*Colorado Mines ...2-1	*Metro State1-2
MT St.- Billings9-0	*Colo. Mines2-4
*CU-Springs1-3	*Fort Lewis2-3
*Metro State1-2	*S. Colorado0-3
*Colo. Christian1-2	*Colo. Christian0-3
*FortLewis0-1	*Conference games
Midwestern State...0-3	



Junior Richard Wolfe and sophomore Daniel Colbert fight for control of the ball against a West Texas player to help win 3-2. Photo by Arthur Blisten

Sophomore Heath Kidd grabs the ball away from Metro State players. Photo by Arthur Blisten



Junior John Muhlbauer keeps the opposing player on his toes by stealing the ball away from him. Photo by Arthur Blisten

Footwork



Sophomore Jessica Catekista is full of determination to keep the ball in her control in the battle against Colorado Christian. The Rangers won 2-0. *Photo by Arthur Blisten*

Freshman Shantelle Wagner keeps the ball away from the opponent, distracting her with those talented feet. *Photo by Arthur Blisten*

Junior Diana DiMatteo defends the ball in a game against Metro State. She led the team in assists for a total of nine, also making nine goals. *Photo by Arthur Blisten*

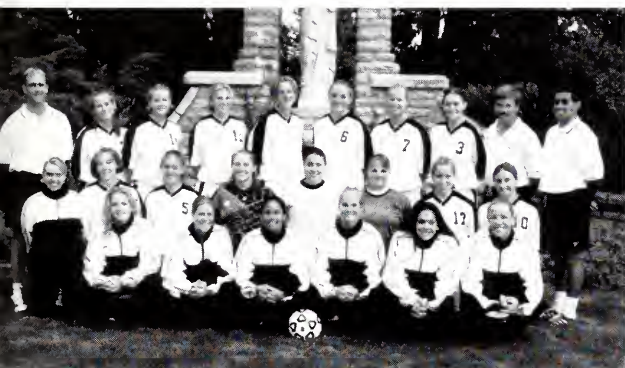


WOMEN'S SOCCER

MT. State Billings .. 2-1	*Mesa State 1-2
Carroll College 4-2	N. Colorado 2-0
TX A&M Com..... 0-2	*S. Colorado 4-1
Midwestern State ... 2-4	*N.M. Highlands 2-1
*S. Colorado 1-0	*Metro State 3-4
*N.M. Highlands 2-1	*Colo. Christian 2-1
*Colo. Christian 2-0	*Ft. Lewis College . 3-1
Central Oklahoma . 5-1	*Mesa State 1-0
*Metro State 2-4	*Ft. Lewis College . 1-1
Angelo State 5-1	* conference games
*Ft. Lewis College . 4-1	



Junior Danielle Thorn is on her way to make another goal. This year, she led the Rangers in scoring with 11 goals and 7 assists. Photo by Arthur Blisten



The Regis Womens' Soccer Team. Front row (l to r): Nicole Meyer, Natalie Langworthy, Jessica Catekista, Diana DiMatteo, Arlene Basquez, Danielle Thorn. Middle (l to r): Amanda Ross, Jodeane Grippa, Krista Weiss, Joyce Grippa, Taresa Cavaliere, MaryNell Klein, Larchele McEntee. Back row (l to r): Coach J.B. Belzer, Jessica Cook, Laura Qualls, Kathryn Lloyd, Shantelle Wagner, Amanda Moore, Helle Macchetti, Bridget Condon, Asst. Coach Fred Delgado. Photo by Arthur Blisten

The 1999 Regis Womens' Soccer Team had an outstanding year. The season was greater than expected, with an overall record of 14-5-1, holding 9-3 in conference, and 5-2-1 in non-conference games. The team was exceptionally strong this year, gaining ten new faces. Highlights of the season included the two wins against Fort Lewis College and Mesa State that allowed the RMAC tournament to be held in Ranger territory. The final game was most memorable, where the score was 1-1 against Fort Lewis, leading into four overtimes. Unfortunately, the girls lost in the shootout. They played together well as a team, with a lot of leadership. Hopefully, the new players being added next year will make the team even stronger. Only two seniors will be leaving, so the strength should stay intact. Freshman Amanda Ross said, "The team was awesome this year, we tried to give it all we had. I was impressed with the talent as well as the positive attitudes. I was really excited that we got to host the Tournament. We worked really hard to achieve that goal and we succeeded. I'm looking forward to next year."



By Julia Flatau

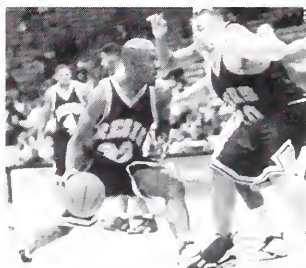
Rebounding



Senior guard Steve Bentz (14) transferred from Colorado Northwestern Junior College in the 1998-99 season and has been a huge asset ever since. He led the team this year in points. *Photo by Arthur Bilsten*

Senior William Dicks (32) plows into range while fellow teammate Junior John Tharpe (50) defends. *Photo by Arthur Bilsten*

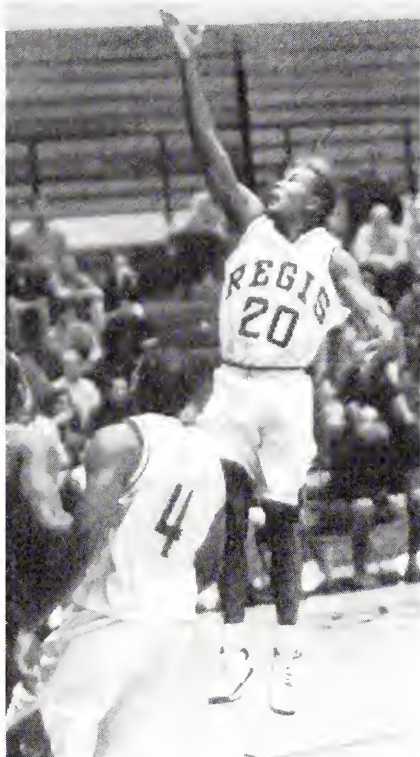
Junior Julian Smith (4) from Philadelphia rolls over a defender from the University of Colorado. *Photo by Arthur Bilsten*



BASKETBALL

Hawaii-Pacific.....76-67	Southern CO*.....67-74
York College.....97-86	N.M. Highlands*3-4
BYU-Hawaii.....55-86	Adams State*3-4
Colorado Christian*74-61	Mesa State*3-4
Chadron State*.....53-80	Western State*3-4
Nebraska-Kearney*57-62	Colorado Christian* 3-4
Ft Hayes State*.....65-72	Chadron State*3-4
Southwest State.....65-57	Colorado College ...3-4
Saint Xavier.....91-73	Metro State*3-4
Metro State*.....54-75	Colorado Mines* ...3-4
Colorado Mines*..76-79	Nebraska-Kearney*3-4
Colorado College..69-57	Fort Hayes State* ..3-4
Fort Lewis*.....58-62	*indicates RMAC games
CU-Springs*.....67-74	

Sophomore Corey LeDuff (20) lays-up for two points while junior Julian Smith (4) looks out for the assist. Photo by Arthur Bilsten



The 1999-2000 men's basketball team- Back row (l to r): freshman Charles Alexander, junior Michael Rhoades, junior Aaron White, junior John Thorpe. Middle row (l to r): junior Joelle Myzka, junior James Cain, freshman Anthony Farmer, senior Steve Bentz, senior William Dicks. Front row (l to r): junior Julian Smith and sophomore Corey LeDuff. Photo by Arthur Bilsten

The 1999-2000 season was a tough season for the men's basketball team. For the first time since the 1982-83 season, the team ended with a losing record. As senior forward William Dicks says it was, "very frustrating and disappointing." One of the reasons might have been that the team had a lot of new guys this year and they didn't click like in past years. Dicks says it's tough, "with new guys, there isn't as much experience as we're used to." Also, junior transfer Michael Rhodes broke his hand just weeks before the season started, so the team did not begin on the right foot as was planned.



Senior captain Steve Bentz, who led the team in field goals said that it was, "an experience that we all, individually, will take with us." Sophomore guard Corey LeDuff says, "I think we're better than what our record shows, and it's frustrating when we don't execute down the stretch in the games." Although the team didn't do as well as they hoped this year, the future looks promising with ten returning players for next year.

By Angela Hawkins

Working together to



Freshman Laura Day shoots a basket against her Quincy University defenders. Photo by Arthur Blisten

Sophomore Erica Schutte watches her lay-up as the lady Hawks from Quincy try to defend their basket. Photo by Arthur Blisten

Junior Katie Beamon puts up a shot against the Lady Hawks of Quincy University during their match up on November 20. Photo by Arthur Blisten



WOMEN'S BASKETBALL

Northern Colo.....74-72	Southern Colo.....76-64
Quincy83-66	NM- Highlands.....70-74
St. Martin's.....94-67	Adams State.....72-63
S. Dakota State...65-78	Mesa State.....64-53
Colo College.....62-42	Western State.....75-58
Colo Christian.....74-75	Colo Christian.....67-41
Chardon State.....50-76	Chadron State.....57-60
NE-Kearney.....48-80	Metro State.....68-76
Fort Hays State...75-82	Colo Miues.....53-52
WI-River Falls....82-63	NE-Kearney.....74-65
CU-Springs.....61-38	Fort Hays State...76-63
Metro State.....68-72	Mesa State.....83-80
Colo Mines.....62-54	Chadron State.....62-47
Fort Lewis..... 88-62	NE-Kearney.....74-86
CU-Springs.....68-55	RMAC Tourney....2nd

Junior Katie Beamon tries to defend the basket from her opponent. Photo by Arthur Blisten



Women's 1999-2000 Basketball Team: Front Row-junior Meshach Rhoades, senior Michele Eccher. Second Row- freshman Laura Day, freshman Rachel Caliga, freshman Jenny Bahl, freshman Olivia Dunseth. Back Row- Assistant Coach Tanya Haave, junior Andy Pruitt, freshman Molly Marrin, sophomore Erica Shutte, freshman Haley MacNeil, junior Katie Beamon, Head Coach Linda Raunig. Photo by Arthur Blisten

With seven new players, six of which were freshman, the lady Ranger basketball team had a lot of work to do before the season began. According to Head Coach Linda Raunig, the team needed to work out the kinks that were caused by the unfamiliarity of the new players. She said the girls used to other and quite read other's moves during the start of the season.



the unfamiliarity of the team-said the weren't each could not each

As the season moved on, the basketball team became more of a unit instead of a team full of individual athletes. The freshmen began to learn the moves of their teammates and could tell what was going to happen as they ran down the court. Coach Raunig also said that the freshmen added a new enthusiastic personality to the squad. "Being a freshman was a little intimidating at first, but having five other girls there, that were going through the same thing that I was, made it easier. And once we all started working together we got more excited about the team and had fun playing the game with one another," freshman Haley MacNeil said.

By Angie Stockton

Picture this: you walk out onto the grass field, with nothing ahead of you but a few trees and eighteen holes. The wind is blowing. It is a beautiful sunny day. You're not cooped-up indoors.

great,
Well, this
a time -
that the
team saw
every day



Sounds
doesn't it?
was the
sphere
Regis golf
just about
during

their fall season, which saw unusually mild temperatures. "The best thing about this year was the great weather," said junior Matthew Tani. This year's golf team was very young, but in spite of its young players, it ended up having a good season. Freshman Jeffrey King was the top player this year. Of a team that was made up of five men, a strong bond was formed. "I liked the support that we gave one another. We were also willing to work with each other and help each other improve," said Tani.

By Julia Flauaus

In the words of comedian Adam Sandler, "Go to your home! Are you too good for your home?"

Photo by Jill Vaughn



Sophomore Steve Uhen shows his strength and endurance. It can get tiring carrying a bag and playing eighteen holes. *Photo by Julia Flauaus*

Freshman Jeffrey King tees up for a shot during one of the many golf practices. *Photo by Julia Flauaus*

It just doesn't get



Co-captain, sophomore Steve Uhen looks into the distance to admire his awesome shot. *Photo by Jim Sanders*



Junior Matthew Tani dresses casually as he plants a shot right next to the hole. *Photo by Steve Uhen*



Freshman Jeffrey King shows off his form. *Photo by Steve Uhen*

Team building



Building team unity, the coach runs with the team during conditioning. *Photo by Arthur Bilsten*

Senior Aaron Mattley shows his stride, as he approaches the end of a great season. *Photo by Arthur Bilsten*

Run, here they come! Senior Erin Salcone heads to the end, as someone is gaining on her. *Photo by Arthur Bilsten*



CROSS COUNTRY

Colo College Invitational	Erin Salcone.....23:58
Aaron Mattley.....32:13.90	Jennifer Marchese
John Muir.....32:40.1025:08
Robert Garrity.....32:54.00	Michele DeCianne
Erin Salcone.....24:16.9025:51
Felicia Abeyta.....24:17.70	Rocky Mtn. Shootout
Michele DeCianne	Aaron Mattley.....31:30
.....25:52.20	John Muir.....33:00
DU Invite	Robert Garrity.....33:09
Aaron Mattley.....41:44	Jeremy Geer.....34:09
Jeremiah Garcia.....42:27	Erin Salcone.....27:53
Robert Garrity.....45:24	Jennifer Marchese.....28:35
Jeremy Geer.....45:39	Michele DeCianne
Felicia Abeyta.....23:4528:51



Junior Felicia Abeyta runs in one of the many races throughout the season. Photo by Arthur Bilsten



Junior Jennifer Marchese runs for the finish line as her tough competition is coming up from behind. Photo by Arthur Bilsten

For some ancient Native American tribes, running is considered a sacred expression, and this practice was continued on by the men and women's Cross Country Team. In its second year as a varsity sport, the team raced around the neighborhood lakes during the week and raced against some of the best runners in the country on weekends. The team was comprised of five men and five women, although numerous injuries and other problems whittled the team down by the final



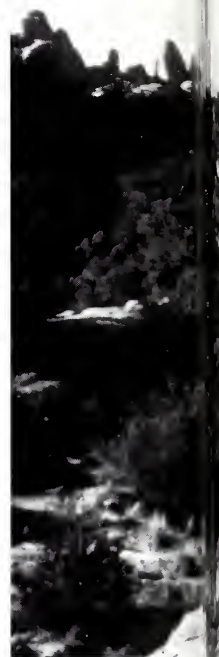
race. One of the greatest struggles for the team was the well-known struggle of coach Josefa Benzoni who, after a near-death car accident during last year's season, was limited by doctors to the amount time she could spend coaching. The team was carried through by her fiery spirit and new assistant coach. Senior Michele DeCianne said, "Mike really stepped up and supported us when Josefa couldn't be with us." Promising new freshmen, combined with upperclassmen, helped the cross country log countless miles and earn increased respect from the other Regis athletes and coaches. Although the team never placed near the top of races, they entered each race with an intense, but fun-loving attitude. Like ancient running peoples, the cross country runners experienced the deep spirituality of running as well the excitement of top-notch college competition, and, of course, they ran a lot.

By John Muir

Regis Outdoor Club, or ROC, as they liked to be called, sponsored events in which students could participate at a less expensive rate than they would pay if they were going on their own. Eighteen of the club's members took a fall trip to Utah. The entire trip only cost \$20 per person, including entrance fees to Moab, Arches National Park, food, and transportation. Vice President of ROC, freshman Marisol Sullivan said, "Moab was one of the most successful events, participation-wise, that ROC sponsored this year." Over Christmas break, the organization sponsored a trip to Jackson Hole, Wyoming, which 15-20 members attended. The club also sponsored 'Rock-n-Climb,' with KRCX, an event that over 30 people attended. One advantage that ROC offered to students was that membership in the club was not a prerequisite to participation in the scheduled activities. However, Sullivan added that if more students become members, more activities can be offered.

By Angie Stockton

Freshman Mike Kasal jumps over the lip of a slope at Jackson Hole during the winter retreat. Photo courtesy of Marisol Sullivan



Freshmen Marisol Sullivan and freshman Erin Hunter, along with senior Todd Emo huddle around a campfire, relaxing after a long day of hiking. Photo courtesy of Marisol Sullivan

Blood, sweat, and tears



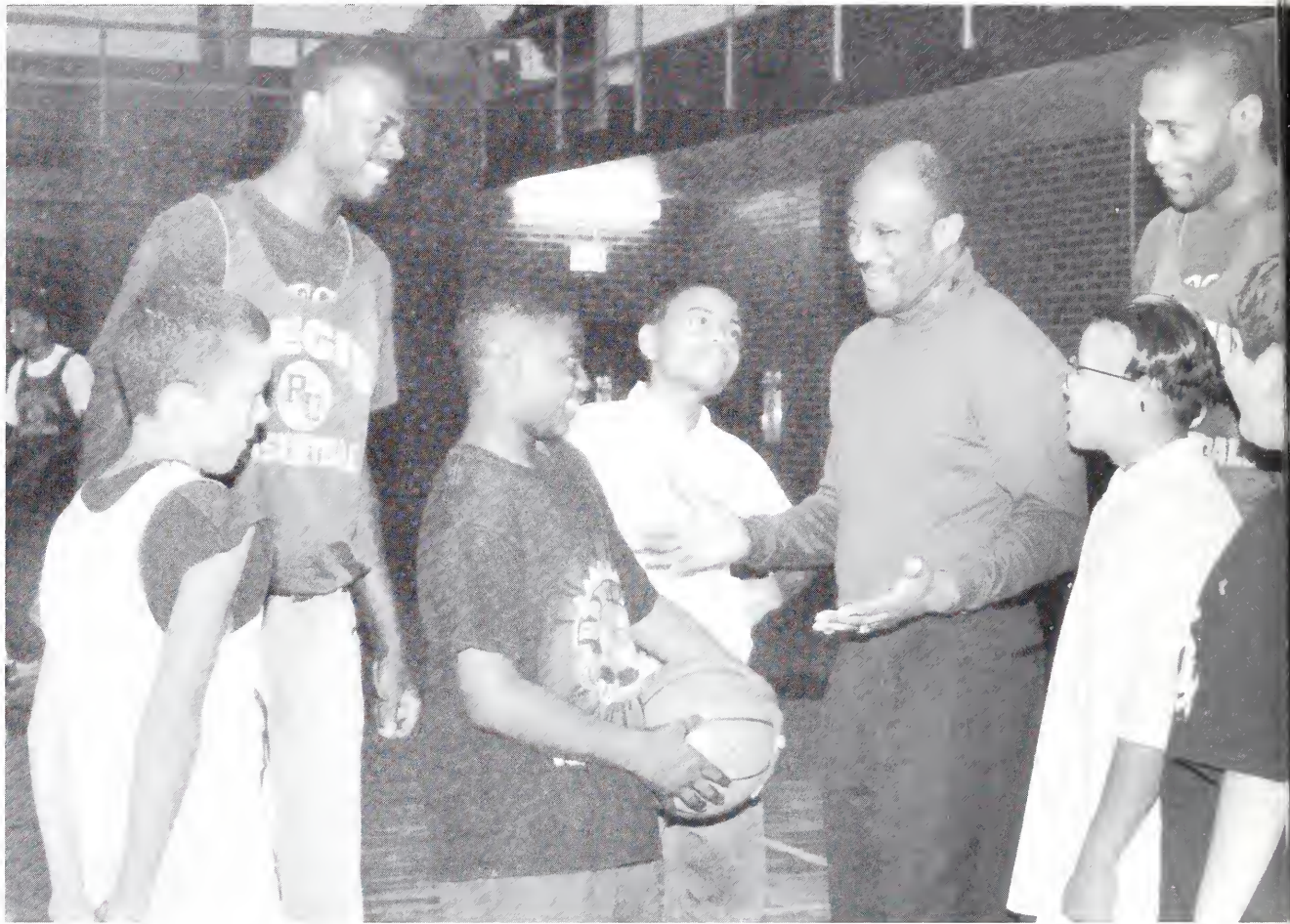
Freshmen Christy Bruckner, Myles Schonekas, Andrea Buscher, Katie Balestra, and Erin Hunter hike through Arches National Park. *Photo courtesy of Marisol Sullivan*

Enjoying a day at Jackson Hole, junior Andy Clem, Regis alumni Mike Madden, seniors Aaron Mattley and Craig Gamble, junior Jeremy Geer, and senior Todd Emo pose for a picture. *Photo courtesy of Marisol Sullivan*

Freshmen Matt Sanchez, Brent Waller, and Mike Kasal pause to take in the scenery at Jackson Hole. *Photo by Kevin Berman*

As a member of ROC, Myles Schonekas conquers one of the arches in Moab. *Photo courtesy of Marisol Sullivan*

Love for the Game

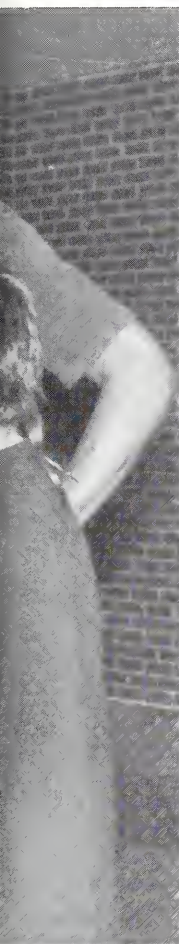


Every summer the men's basketball team sponsors a camp in which younger children to participate. Photo by Arthur Blisten

In 1996, Porter began the Lonnie Porter Summer Academy, hosting Denver inner-city youth in a university setting for three weeks every summer. Photo by Arthur Blisten



"I'm humbled and overjoyed to be able to accomplish something like this," said Porter. "This is a record that belongs to all of the people who have supported me through these 23 years. I'm happy that the attention this has gathered has caused us to remember a great coach and outstanding gentleman like Jim Darden [Coach at Colorado Mines from 1954-92]."



Coach Porter emphasizes team, instead of the individuals, and in basketball, teamwork is essential. *Photo by Arthur Blisten*



Co-captain senior William Dicks said it best when he said, "Coach Porter brought out the best in you and made you work hard. He prepared you for more than just basketball, he prepared you for the real working world." *Photo by Arthur Blisten*

Basketball Coach Lonnie Porter believed that becoming the "winningest college basketball coach" in state history "didn't have any significance because of the season we had and because I am more focused on team than self." However, Coach Porter said that when he is older, he will probably look back and reflect on this achievement, but during the season his team was more important. Many were aware of how Coach Porter and his many accomplishments affected Regis. One such person was Athletic Director Doug Montgomery who stated, "When you said Regis athletics, people immediately thought of Lonnie Porter. I think that was a testament to how great a coach he is and . . . to what an outstanding person he is."

This was Coach Porter's 24th season with the Rangers, and during this time he had seven 20-win seasons, won four conference titles and over 95 percent of his players graduated. Assistant Coach Doug Farley said, "The accomplishment was well deserved, and I was very happy for him because he does so many other things besides just winning games. He gives so much of himself." Co-Captains, seniors Steven Bentz and William Dicks were glad to be a part of history. Bentz says, "We wanted to get the six wins for him." Six wins were all coach Porter needed to surpass Coach Jim Darden of the Colorado School of Mines with 309 wins and claim his place in history.

It was important to remember that Coach Porter truly cared for his players. The challenge of reaching his players and giving them the skills they needed to succeed once they left Regis continued to motivate him to coach. This sense of wanting to teach his players about the world beyond the court was not lost on his players. His caring and willingness to teach his players life skills was what made him even more successful than his winning record.

By Stephanie Henry and Jennifer Utt

Last year, the Student Involvement Committee started Superfans by selling tee-shirts to students so they could wear them to sporting events. This year, the Athletic Department was interested in getting more students involved, so they created a section of the Blue and Gold Booster Club, for students, faculty, and staff, where members paid fifteen dollars for a special yellow t-shirt. Director of Affairs Chris Grimes, along with Student Involvement president, Kaferly, set up a calendar of events which included special events for Superfans to enjoy, like free food before games, different contests during the half time of games, and free giveaways. Grimes said, "It was great that people actually went to games and any way to get athletic involvement is important. It was great to see school spirit and pride coming back to Regis. The Superfans program was a fun way to get people motivated to go to games and the players definitely appreciated having fans." There were over 250 tee-shirts sold and the shirts served as admission tickets to Superfan events. Student Involvement Committee member, sophomore Sarah Unger, believed Superfans was important because "it gave students, especially freshmen, a chance to belong to something and get involved, but not be committed to a certain club if they choose not to." A highlight of the Superfan club was Superfan Appreciation Night. The appreciation party was held during a volleyball game. Members were given megaphones and shakers and a serving contest for the Superfans was held between games. The volleyball and soccer kickoff's for the Superfans were also big events.



By Jennifer Utt

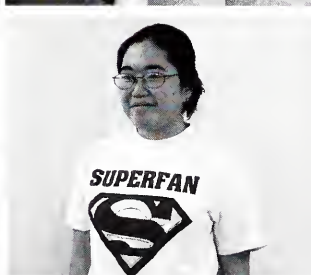
Even though freshman Erica Grounds worked in the concession stand during the games, she could still cheer on the teams. *Picture by Britta Morris*



At many sporting events in the Fieldhouse, a group of excited fans could be seen. Fan Vans were often sponsored so that the enthusiasm could continue at local, away games. *Photo by Jennifer Utt*

Sophomores Greg Leary and Michael Kennedy were just two members of the unusually popular Superfan group. *Photo by Jennifer Utt*

“Here We Go Regis”



Freshman Matt Taylor and seniors James Kaferly and Patrick Buell enjoyed supporting with the Superfans. Taylor wore a basketball on his head, while Kaferly sported blue hair, and Buell wore an afro wig in support of the basketball teams. *Photo by Britta Morris*

Sophomore Crystal DeVoss painted her hair blue and wore the yellow Superfan tee-shirt to cheer on the sports teams. *Photo by Britta Morris*

Sophomore Laura Henneberry enjoys watching her friend, sophomore basketball player Greg Leary. *Photo by Jennifer Utt*

Intramural

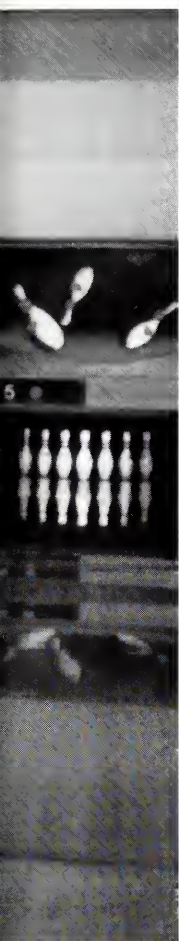


Senior Justin Glasmann plays on a bowling team with senior John Koumantakis, sophomore Nadine Banks, and senior Christine Grimes. *Photo by Luke Luchini*

Freshmen Joseph Garcia-Prats and Roozbeh Ehdaie played on a basketball team for the three on three basketball winter intramurals. *Photo by Jennifer Utt*

Sophomore Benjamin Mattox of "NHL" and senior Jared Martin of "Puckers" get down for a little one-on-one action. *Photo by Andy Schilling*





Freshman Joseph Garcia-Prats warms up for a three-on-three intramural basketball game. *Photo by Jennifer Utt*



Sophomores Alexander Depta, Michelle Sierra, and Marissa Carelli, along with senior Pat Brendenburg take time from bowling to smile for the camera. *Photo by Luke Luchini*

Members of the intramural hockey teams engage in a head-to-head battle for control of the puck. *Photo by Andy Schilling*

Intramural sports took students' minds away from the books and into a stress-relieving atmosphere. The goals of intramural sports were to: provide students with an opportunity to develop their leadership potential, offer students the opportunity to encourage and challenge themselves, and each other, provide students with diverse opportunities to work with teams and build relationships, and introduce students to activities that can serve them throughout their lives. Director, senior Steve Wagner said, "Intramurals went really well this year. We have totally turned it around and student participation was up by at least 30 percent." Intramurals was a great way to meet new people, relieve stress, and get one's body into shape. It got people motivated to work out and have fun at the same time. Intramurals were run by faculty advisor Dave Law, director, senior Steve Wagner, and assistant director, senior Chris Heidmann. They were always open to new sports ideas and activities. Intramurals were not strenuous; they did not leave you aching for days and days. Intramurals were a great way to be actively involved.



By Ruby Veniegas

Over the past year Intramurals has seen tremendous growth. This semester, Intramurals added to their equipment, scoring tables from McNichols arena and a new golf cart. Intramurals also went online. With the help of Intramurals.com, students could register for

check scores, dates all With this adminis-



teams, schedules, and up- online. growth in tration Intramurals

Intramurals also saw a big growth in the number of participants with over 30% of the student body playing Intramural sports. Some of their most popular sports were bowling, which had been extended to a full year, floor hockey and indoor soccer, both of which had record numbers of teams playing, and consisted of 60% of their total participants. "Intramurals has been a great experience for me, oh yeah, and I have fun," senior Adam Pavlakovich. "Being involved for three years and seeing the growth gives me strong hopes for what is to come for the Intramural Sports Council," said senior Chris Heidmann Assistant Director of Intramurals. This year, the Intramurals Sports Council, better known as ISC, was strongly staffed with hard working people like Dave Law - Faculty Advisor, Steve Wagner - Director, Chris Heidmann - Assistant Director, Adam Pavlakovich and Justin Walker - Staff.

By Steve Wagner

Intramural soccer players freshmen Willie Ingram, Brenson Uniack, and Patrick Lockerdwait for their game to begin. Photo by Jennifer Utt



The JAH volunteers soccer team played DPC and DPC won, 3-0. freshman Brendon Uniacke, senior Aaron Mattley, and freshman Chad Mulliniks tried to get the ball for their own team. Photo by Britta Morris

During a bowling game, juniors Ian Ferguson, Sarah Sahm, and Megan Smith watch their teammates bowl. Photo by Angie Stockton

Just as good... But not!



Intramural basketball players senior James Kaferly, Jed Crowton, and Chad Ansell fight for the rebound. *Photo by Britta Morris*

Freshman Kelly Brown dribbles the soccer ball during an intramural soccer game. *Photo by Britta Morris*



Freshman Willie Ingram and senior Aaron Mattley scrounge for the soccer ball, each trying not to let their opponent take control. *Photo by Britta Morris*

Life on the edge

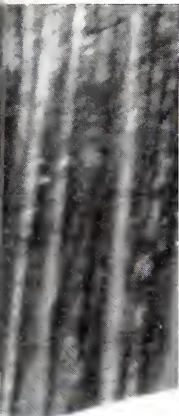


Snowboarding is becoming an increasingly popular sport, as shown by Kevin Beerman. *Photo courtesy of Kevin Beerman*

A typical gorgeous day on the slopes of Breckenridge's Peak #9. Breckenridge was among the most popular resorts for students. *Photo by Mike Thomson*

Even though the ski season started a little late this year, as soon as the resorts opened up, Rangers flocked to the slopes to take advantage of the good conditions. *Photo by Kevin Beerman*





Freshman Brent Waller clears the lip of a ridge at Jackson Hole, Wyoming. Photo courtesy of Marisol Sullivan



Freshman Chris Bettis gets ready for an exciting and hopefully painless day of skiing at Breckenridge. Photo by Mike Thomson

Freshman Karl Carstensen rides the motorbike he and his friends purchased at the end of the fall semester. Photo by Mike Thomson

Extreme sports were not exactly your typical structured team sports, but they were definitely a very popular activity. Skateboarders and rollerbladers could be seen constantly all over campus, especially during the fall and

spring
Freshman
Miloso -
"Roller-
fun and it's
ercise. The
for it is



months.
Katie
vich said,
blading is
good ex-
best place
along the

Platte River downtown along Speer." Also included in the extreme sports category were skiing and snowboarding. These two types of extreme sports were very popular, with the Rocky Mountains right in the Regis backyard. Regis students could be found rocketing down the slopes of Keystone, Loveland, Breckenridge, Vail, and all over the Rocky Mountains. "Breckenridge is my favorite place to snowboard because it has wide runs, with different levels of difficulty and there are a lot of hot guys there," said sophomore Julia Flauaus. Snowboarder and sophomore Cindy Scavarda agreed, "I love Breckenridge because they have half-pipes and a lot of powder." Breckenridge seemed to be a special favorite among students. Skier and freshman Conly Davidson (a.k.a. Son of David) said, "Breckenridge has the most variety and the most caring and understanding people."

By Mike Thomson

Whether keeping in shape, conditioning for a sport, or avoiding studies, many physical activities were available to those who were interested. The Fitness Center was frequently attended by those who wanted to maintain a certain physique. Employees of the Fitness Center noticed the lunch hour and pre-dinner periods were the most popular. Senior James Kaferly added, "As the weather gets warmer, more people start coming in." This could be a result of the pressure to look good for swimsuit season. The campus pool was also available to students, offering an ideal way to relax, while staying in shape. Many activities were required as conditioning for season sports. Senior Bridgette Herbert said, "I do weight-training as a prerequisite to the softball season." Organized sports outside of intramurals also provided students an off-season opportunity. Ultimate frisbee began its first year as an organized club, with tournaments, practice and a positive turnout. Coordinator, sophomore Sarah Reichenberger said, "There wasn't enough interest last year, but this year's team has between sixteen and twenty players." Whatever option students chose to pursue, many found exercise to be a welcome release, with positive rewards.



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hour and
ner periods
most popu-
nior James
added, "As
weather

By Morgan Mikkelsen

Sophomore Julia Flatau participates in a mid-day step aerobics class at the Fitness Center.
Photo by Andy Schilling



Junior Felicia Abeyta plays table tennis in the pub. Indoor sports, such as this and video games were also popular for students needing to take their minds off their studies. Photo by Jennifer Utt

Out of Season



Students take a kickboxing class from instructor, junior Sarah Sahm. This was the second year that kickboxing was offered through the Fitness Center. *Photo by Britta Morris*

Taking a break from studies, a group of students, including freshman Sasha Hernandez take an active part in the evening aerobics class. This class time was often the most popular. *Photo by Andy Schilling*

Sophomore Terence Manegdeg enjoys playing frisbee with friends on the quad. The sport's growing popularity resulted in the creation of the Ultimate Frisbee club. *Photo by Britta Morris*

A Balanced Act

We survived another year of summer school and vacations, of fall semester finals, Thanksgiving, Christmas, and Y2K, of Spring Break, and spring semester finals, with bits of stress and excitement mixed in. Some went on to graduate, ending the cycle that seemed endless only a year before. Others began another academic year, seeking that end. We could probably all look back and remember when we were younger, wondering where we would be in the year 2000. Now we know, and though each individual took a different path to get here and will inevitably take a different path from now on, we now all have something in common: we were a part of the Regis community during the academic year that welcomed the 21st century. There is a part in all of us that will be forever changed by the events of the last year. We had to decide what was most important from family, friends, and significant others to partying, studying, planning, and spontaneity. Each student, undoubtedly had a preference, but all had to juggle the various elements of college life in order to maintain some thread of sanity. In a year of highs and lows, one thing was for sure: **Life was a balancing act**—what choices did you make?

By Morgan Mikkelsen

As a close to the year, elections were held. sophomore Kiel Hovland, and senior Kenroy Crawford get a can of soda out of the barrel at a BBQ for campaigning student body president Jack Hampstead.
Photo by Jennifer Utt







Colophon

This edition of the Ranger Yearbook, volume number 85, was published at Herff Jones Publishing in Logan, Utah. One thousand books were printed, each containing one hundred and sixty pages. All of the layouts were designed on a 24-column grid using Adobe PageMaker 6.5 for IBM computers. Adobe Photoshop 4.01 was used to scan some selections of photography. Other pictures were taken using a Sony Mavica FD-88 Digital Camera. Yearbooks were not sold, instead \$24 of each undergraduate's student activities fee was placed into a budget for the yearbook. The books were distributed in April.

In order to ensure that spring sports and activities were not missed, a 16-page supplement was produced locally in the spring.

The Ranger Yearbook is an open forum of student expression published for the students, faculty, and administration of Regis University. The content of the book does not necessarily represent the views of the faculty staff, or administration.

A special thank you to Mr. Jim Herbertson who represented Herff Jones.

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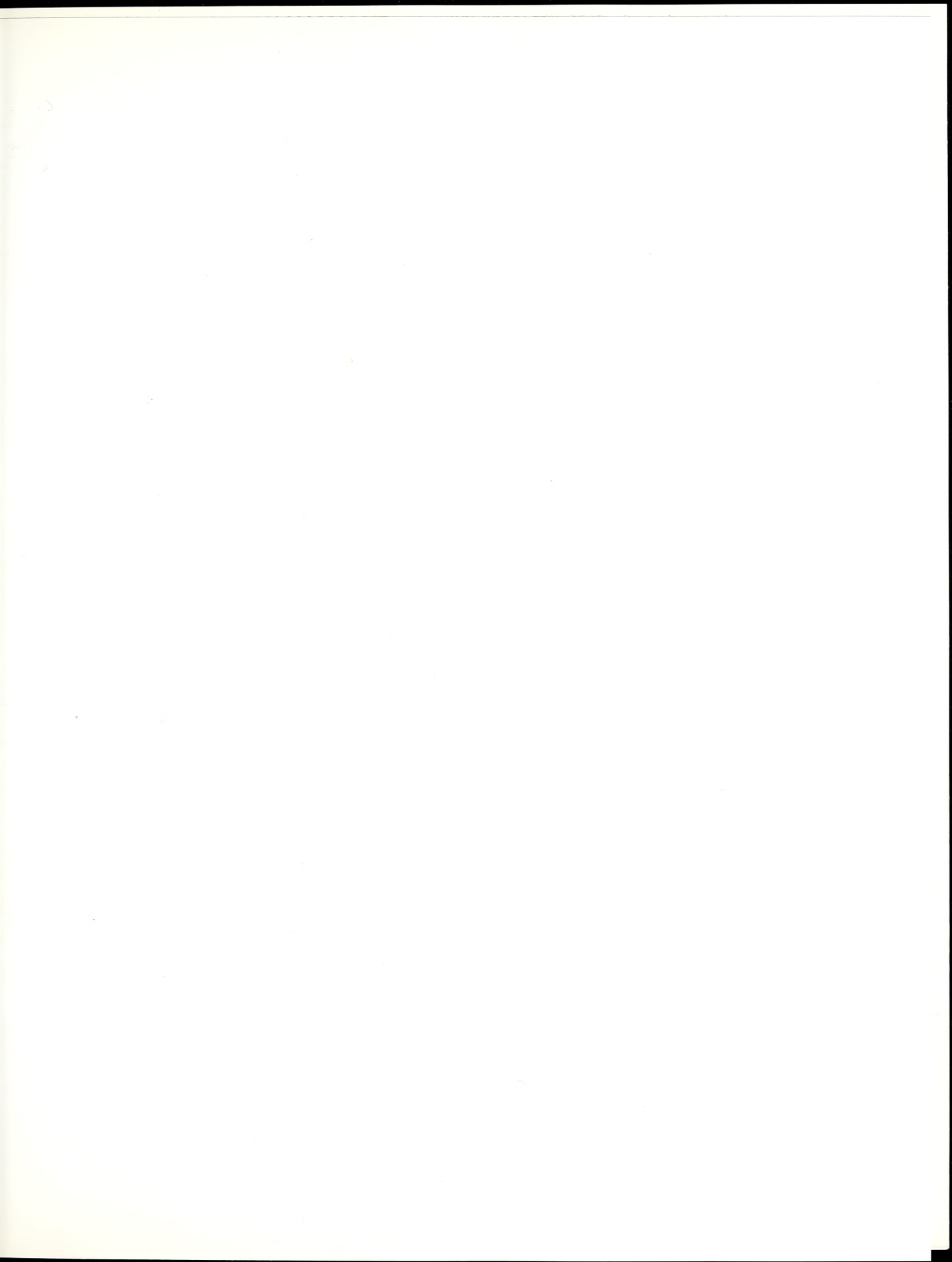
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York, Marilyn 33
York, Marilyn 33
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York, Marilyn 33

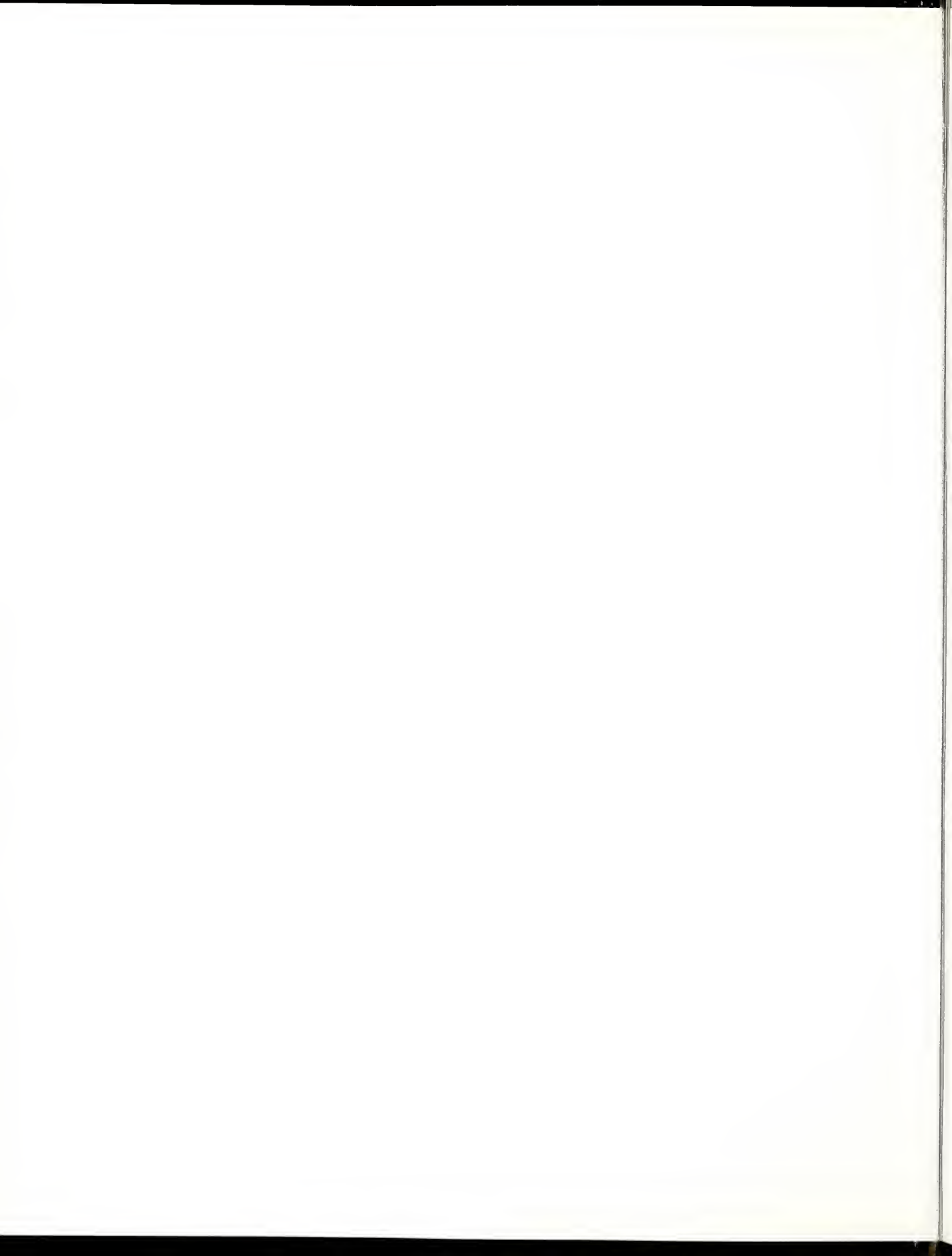
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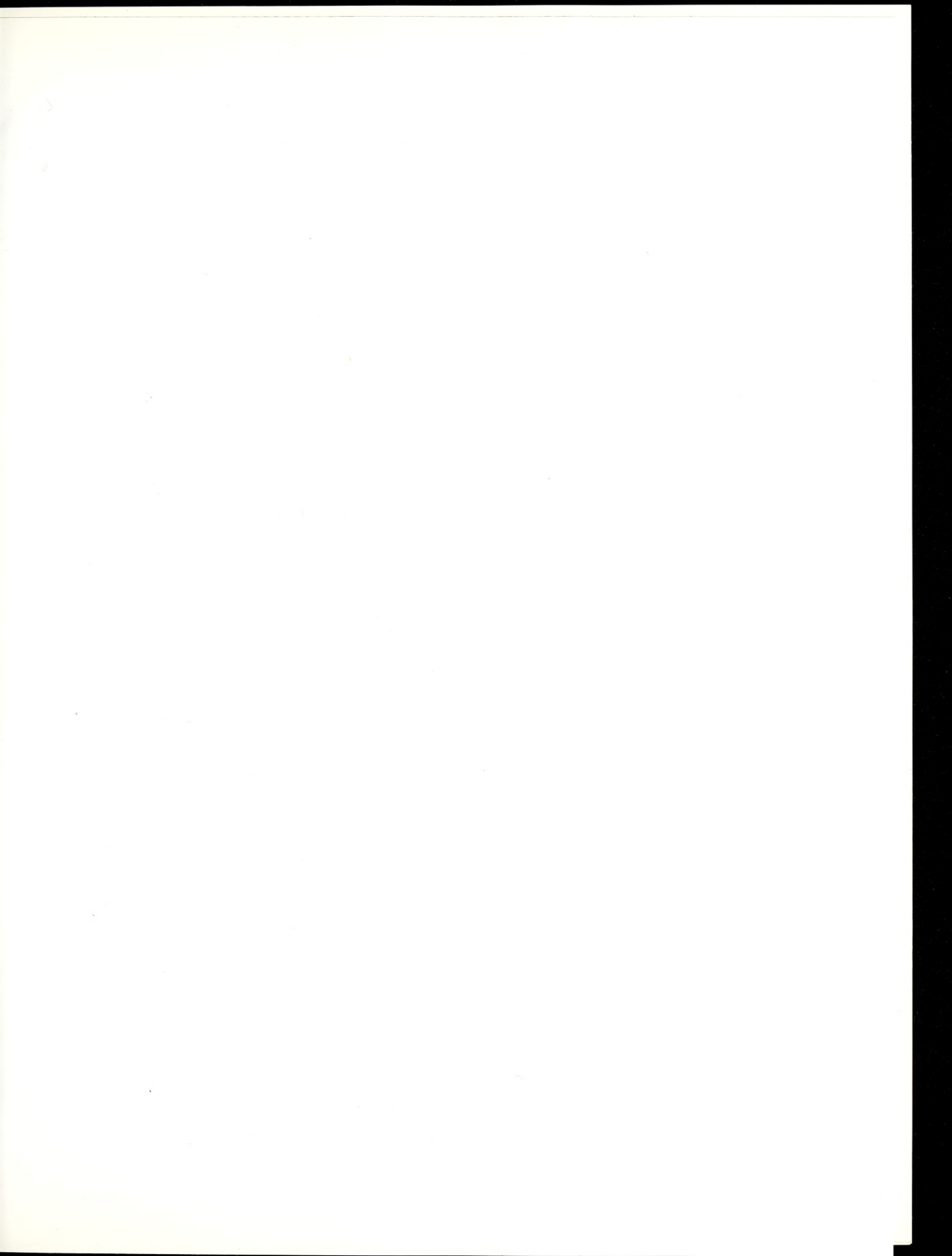
With
less than
two
months
left of
school,
Denver
was hit
with a
huge
snow
storm.
Freshmen
Kathy
Kerstiens
and
Sarah
Kemp
had a
snowball
fight
with
their
friend
Laura
Blevins.
*Photo by
Jennifer
Utt*











Student
Body

Student
Life



If March comes in like a lion, will it go out like a lamb? When are we going to get some real snowfall around here? Where should we go for spring break? I'm running out of money. This semester was so hard. I have too much homework to be able to enjoy the sunny weather. When is finals' week? My roommate's presence annoys me. I can't finally catch up on all my favorite TV shows. Who wants to be a millionaire? What do I have to do to get some peace and quiet around here? I love this time of year—the birds are singing, the skies are blue. Am I ready for graduation? What am I going to do after college? I need to find a summer job. I have to take summer school classes. We're going to Italy for our summer trip. Ranger Day is always such a good time. On or off campus next year? My laundry is piling up.

Seniors Katie Savant and Suzanne Bristol at the Spring Fling, which was held at Denver's Ocean Journey marine life aquarium. Photo by Jennifer Utt

Regis Ramblers, sophomore Melissa Beaudoin and senior Julie Hitzges participate as nuns in the musical. They had long practices, lasting into the early morning.

Photo by Angie Stockton

Dr. Oscar Arias recieved an honorary degree for public service. Arias led the fourth consecutive PeaceJam. *Photo courtesy of Public Affairs*



Senior Angela Hawkins plays Maria in the *Sound of Music*. Junior David Champlin plays the part of the Captain, freshman Lisa Arling plays Brigitta, Glorianna Tillemann-Dick plays Gretel, and Junior Spencer Thornber plays Frederick. *Photo by Angie Stockton*

Great Women of Spirit Week offered many events, including Women Take Back the Night. People gathered in the Coors Life Direction Center and then took a candlelit walk to a neighborhood lake. *Photo by Angie Stockton*



SpringAction

The spring season

Spring was a time for new beginnings, a time for new experiences, and yet, spring also brought continuing traditions.

For the fourth year, PeaceJam was held on campus, led by Nobel Peace Laureate Dr. Arias. PeaceJam was targeted toward high-schoolers, their teachers, and college age mentors. Its purpose was to teach students to define different dimensions of racism, violence, and peace and make them aware of problem-solving skills.

March was Women's History Month and a perfect time to hold Great Women of Spirit Week. The most popular event of the week was

allowed students to experience realizations, learning, and enjoyment as they participated in the events offered in the spring months.

By
Angie
Stockton

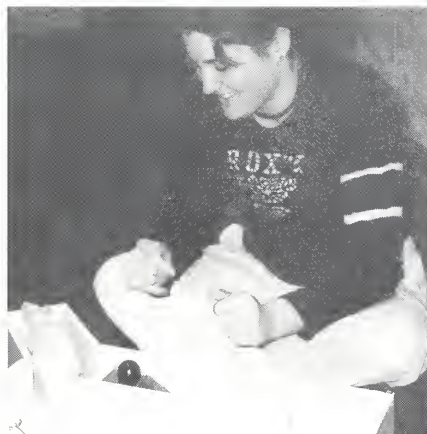
a presentation given on eating disorders, which over 200 people attended.

A third event in which students could participate was the musical, *The Sound of Music*. The Regis Ramblers practiced many hard hours to produce the play during the first week of April. The show was put

on in the Science Amphitheater. Many of the actors and actresses played more than one part in the play.

The Rat Olliimpics was another event worth attending, hosted by the Psychology of Learning and Memory lab classes. Competing in four events, the Tuesday and Thursday lab classes demonstrated their ability to train rats under pressure.

Freshman Andrea Southcott watches as her rat tries to make it through training for the maze event of the Rat Olliimpics. Photo courtesy of Dr. Rona McCall.



Just Breathe

For one brief week in the middle of the spring semester, there was a moment when everything paused, or at least slowed down. Some people used this break to catch up for the rest of the semester. Others got as far away from school work, and Regis, as they possibly could. For everyone, spring break was a week in limbo and all too soon, school started up again.

A surprising number of students did not leave Denver. The residence halls remained open for the break. "I was on duty all break," said R.A. and junior Andy Clem. Some students simply could not go home, while others felt this was the best time to catch up on work. "I stayed in my room the whole time," sighed freshman Carlos Gomez.

Juniors Heather Morales and Nadia Reyes enjoyed a great time in Mazatlan, Mexico. Photo courtesy of Heather Morales

"Spring Break is a chance to catch your breath, and get ready for the rest of the semester," Dr. Randolph Lumppp explained to his class.

By
Andy
Schilling

Other students left Regis, but did not leave the U.S. The debate team went for an eight hour drive to Omaha, Nebraska, for their National Competition. There were some mixed feelings about the trip. Freshman Brad Laurer did not have a great time, he said, "Nebraska sucks."

Of those students who did leave the country, many went to Mexico. "We stayed at my friend's beach house at Puerto Pinsasco," explained freshman Brook Stephans. "It was fun, but there was not a lot of partying going on." Regis' spring break was a week earlier than most schools, which meant that many of the parties were just getting started as Regis students left. Freshman Laura Biondi said, "As we were getting on the plane, everyone else was getting off. But it was kinda nice, the beaches were all ours."





Freshmen Christine Cole and Gabrielle Decker went to the beach in California. *Photo courtesy of Gabrielle Decker*

Junior Anna Reishus went to Belize where her mother had worked for the Peace Corps 25 years ago. *Photo courtesy of Anna Reishus*



"Snake (Peter) Beker and I had an EXQUISITE time in Mexico," exclaimed sophomore Jordan Jones. *Photo courtesy Jordan Jones*



Lots of women went to Mexico. Freshmen Janelle Kopke and Laura Biondi focused on their tans. *Photo courtesy of Janelle Kopke*

Juniors Mike Goodman and Jackson Engels admire their reflections in one of Ocean Journey's many aquariums. *Photo by Jennifer Utt*



Couple sophomore Lauren Shugrue and junior Kurt Williams enjoyed each other's company at the dance. *Photo by Jennifer Utt*

Sophomore Greg Leary talks to one of the volunteers at Ocean Journey in the Colorado River section of the exhibit. *Photo by Jennifer Utt*



Taking a Journey

"I wanted to jump in

and swim around with

the fish, but didn't

know which ones

would bite," said

junior Katie Beamon

No, the title is not some new spiritual revolution, it refers to the Spring Formal at Ocean Journey. Although Ocean Journey officials were less than pleased when they learned students, rather than faculty, would be attending the dance, the students managed to stay dry. The exhibits were amazing and students had a really good time.

Students were styling at the annual Spring Formal. Junior Sarah Sloan commented, "Who would think we could clean up so good?" College students rarely had a chance to get dressed up, so when given the opportunity, they went all out.

The Spring Formal came at an opportune time this year. Nestled

snugly between Spring Break and Ranger Week, students had recovered from their week long vacations and were ready to practice having fun before the Ranger Week festivities began.

Freshman Chris Stefan offered this enlightening statement: "Spring Formal is the perfect time to manifest Spring Fever." Indeed, many students seemed to be letting off steam in the precious few weeks before finals.

Another, often forgotten, aspect of the Spring Formal was the inauguration of new student body representatives. After the Formal, new officers, who were elected by the student body, took over their leadership positions.

By
Katie
Robinson

Freshmen couple Shelly Dyer and Matt Sonderer enjoy the exhibits at Ocean Journey, which were open for half the dance. *Photo by Jennifer Utt*

Freshman Carlos Gomez and his friend Sharmen listen to a guide explain about one of the many species of fish. *Photo by Jennifer Utt*



Wild & Crazy

What kind of week starts out with a free movie and popcorn and ends with a picnic and beer? Ranger Week, the last hoorah before the onslaught of finals week.

Students coming back from the weekend were greeted with the movie *Skulls* and free popcorn at the Westminster Promenade 24 on Monday night. Tuesday night followed with "Who Wants to Be A Hundredaire" with senior Jared Martin filling in the role of Regis Philbin. Challenged by difficult trivia questions, few students walked away with money.

Wednesday night, students were invited to Red and Jerry's for dancing, arcade games, and pool. "Red and Jerry's was a good change to the usual downtown excursion because it had a large variety of things to do," said sophomore Erin Liska.

Ice-skating and broom ball at Big

Ranger Week offered students a final release before having to buckle down for the end of the semester.

By
Jennifer
Utt
and
Morgan
Mikkelsen

Bear Ice Arena were the main event for Thursday night. Students were hopeful that no one would return with any serious injuries, like former student body president John Koumantakis did last year.

The ever famous Mr. Regis competition took place on Friday night. Sophomore Phil Martin won the crown, with senior James Kaferly taking second place, and senior Mike Bussmann taking third place.

The week was ended with an all-day party on Saturday. The day began with the Ranger Riot, followed with food, drinks, and games in the quad. Even though the beginning of the week had temperatures in the high 70's, the snow managed to come for Ranger Day. Dueling pianos from the New York, New York, hotel in Las Vegas ended the Saturday festivities and concluded Ranger Week.

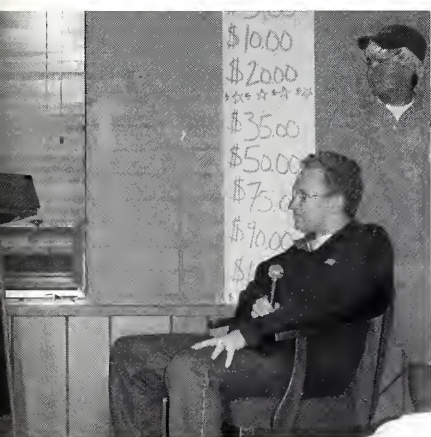
PAC rented out Red and Jerry's for students to dance, play pool, or video games. Freshman Robert Henderson plays one of the games.
Photo by Stephanie Henry





Senior Leigh Gettman, junior Sarah Sloan, and senior David Carey dig in the hay to find the hidden money. *Photo by Jennifer Utt*

Sophomore Laura Miller and junior Jeremy Greer sing during karaoke as part of the evening festivities. *Photo by Jennifer Utt*



"Who Wants To Be A Hundredaire?" asked host Regis aka. senior Jared Martin to his guest freshman Dave Litzau. *Photo by Jennifer Utt*



Senior Becca Isacson waits for her balloon hat to be made. Not only was there a balloon creator, but there were tarot card reading and palm readings. *Photo by Jennifer Utt*

Junior Katie Stuart prepares for a catch from a fellow player. *Photo by Arthur Bilsten*

Freshman Kristi Photenhauer and teammates race for the ball, challenging the opposing team for control. *Photo by Arthur Bilsten*



Senior Andi Milburn awaits for the ball to drop so she can be involved in the action. *Photo by Arthur Bilsten*

Junior Emily Till, freshman Kristi Photenhauer, and junior Katie Stuart wrestle with a player from the opposing team, as the goalie intently watches and waits. *Photo by Arthur Bilsten*



In and Out

After remaining a club sport for a couple of years, the women's lacrosse team went varsity this year, and the women wasted no time jumping into the mix of things. "We had the second toughest schedule in the nation," said junior Katie Stuart and they attacked their competition with sheer fury.

The women's lacrosse team discovered how strong they were as a unit when they traveled to California over Spring Break. They played against teams from University of California at Berkeley, University of California at Davis, Stanford and St. Mary's in what was a winless, but still successful, trip.

The men's lacrosse season was cut short. Based on information the

Lacrosse player senior

Amy Bunch said, "We were faced with a really tough schedule, but everybody worked hard and had fun."

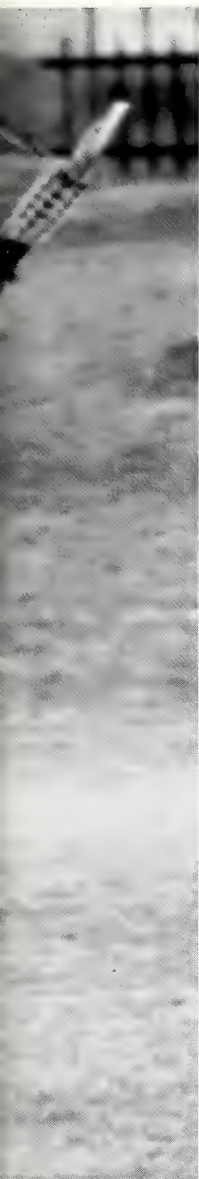
By
Jennifer
Utt
and
Stephanie
Henry

Athletic Director Barb Schroeder received from an investigation on the violations and events that occurred during the team's Spring Break road trip to South Carolina, it was decided to cancel the rest of the men's lacrosse team's season. Schroeder said,

"This was the lowest point for me and my career and not a good thing for Regis and the Athletic Department. It has been a tough couple of weeks."

The future of the men's lacrosse team was uncertain for the future year. A review committee was assembled, and members took recommendations to Dr. Tom Reynolds and Father Sheeran as to how the program should take shape in the future.

Sophomore Jennifer Lux and senior Amy Bunch get caught up in the action during a close lacrosse match. Concentration and discipline were essential to this year's team. Photo by Arthur Bilsten



Spring Fever

Forget sugar and spice, these girls were anything but nice on the field. Sweet and sassy was what the 1999-2000 softball team brought to Regis this year. This year, there were seven freshmen, along with five sophomores, one junior, and five seniors. The season was up and down. At the beginning, they were doing okay, but in conference games, they did not do as well. The team did really well in the Shutt Division II Lead-Off Classic tournament at North Richland Hills, Texas. Some of the best Division II teams, whom the Rangers played against, were there. The lady Rangers took third place.

In the fall, the head coach was in a

Softball was played by the toughest women around. Speed, aggression, charm, and skill were necessary qualities the players had to possess.

By
Julia
Flauaus

terrible car accident, so they did not have much direction, and team bonding was put off until he returned. Due to the fact that spring brought uncertain weather, many games were cancelled. Freshman Ashley Ballard said, "It was a rebuilding year. The team is full of good athletes with a lot of potential, we just need to find a way to blend together."

The team was led by the five seniors, who guided and supported the rest of their teammates. They will be missed next year, as the rest of the team must stand on its own, lead the next group of players, and help them form a team as strong as this year's.

Senior second baseman Katie Rotz awaits the ball to be thrown to her. Unfortunately, the runner was safe. Photo by Arthur Bilsten





Sophomore centerfielder Rebekah Tippets hoping to make yet another homerun. She led the team with a .37 batting average, with 5 homeruns and 12 RBI's.

Photo by Arthur Bilsten

SOFTBALL RESULTS

Colorado College 10-0	Nebraska-Kearney 1-11
Colorado College 6-0	Northern Colorado 5-8
Northern Colorado 2-9	Northern Colorado 8-10
Morningside 2-1	Adams State 7-0
Morningside 3-11	Adams State 2-0
Southern Colorado 7-3	Adams State 5-2
Southern Colorado 5-10	Adams State 2-5
Tarleton State 2-5	Colorado Mines 11-3
Southern Arkansas 4-1	Colorado Mines 5-1
California of Penn. 5-0	Colorado College 9-0
Tarleton State 2-1	Colorado College 9-2
Southern Arkansas 4-1	Southern Colorado 3-4
Kennesaw State 1-9	Southern Colorado 3-0
Mesa State 6-9	Southern Colorado 3-4
Mesa State 7-0	Southern Colorado 7-5
Mesa State 1-6	Northern Colorado 2-3
Mesa State 6-8	Northern Colorado 4-2
Nebraska-Kearney 0-6	*season as of April 11



Sophomore Amy Christianson struggles with a player from Colorado College to make it to home plate. She scored, helping the win total 10-0. *Photo by Arthur Bilsten*



Sophomore Jessica Beddo anticipates a hit down the third base line. Her batting average was a .25, with 3 runs and 3 RBI's. *Photo by Arthur Bilsten*

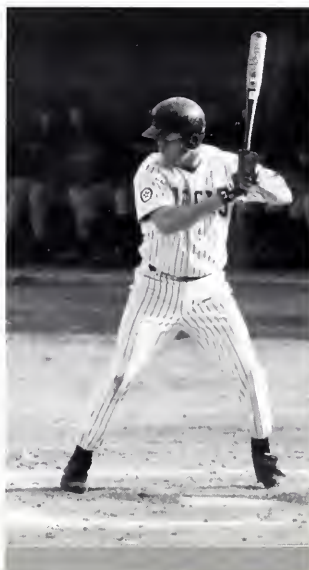
Juniors—Ian Ferguson and Dan Harmon congratulate Matt Snow on a home run victory. Ferguson was pitcher of the year in the 1998-99 season. This year he beat his strikeout record of 83 from last season and broke the career strikeout lead at Regis. *Photo by Arthur Bilsten*

BASEBALL RESULTS

Hastings College 2-15	Fort Hays State 12-5
Hastings College 6-14	Mesa State 6-11
Hastings College 6-9	Colorado Mines 5-3
Hastings College 6-7	Mesa State 4-5
Rockhurst University 5-4	S.Illinois Edwards VI 9-25
Rockhurst University 2-13	Mesa State 6-4
Rockhurst University 8-11	Mesa State 5-9
Metro State 4-20	Mesa State 0-6
South Dakota 1-8	Mesa State 2-8
South Dakota 4-7	Northern Colo 3-4
Morningside 5-4	Northern Colo 6-9
Morningside 8-7	Fort Hays State 2-8
Morningside 8-13	Fort Hays State 10-9
Nebraska-Omaha 6-0	Fort Hays State 5-6
Panhandle State 16-3	Fort Hays State 11-12
Emporia State 3-2	*season up to April 2

Senior first baseman Joe Maio is ready for action up at bat. The only senior on the team, he led the Rangers with the most RBI's and he started in all the games he appeared in. *Photo by Arthur Bilsten*

Junior Matt Snow slides safely into second base as the shortstop from Rockhurst tries to catch him offguard. *Photo by Arthur Bilsten*



Hurts So Good

Warm sunshine

brought the boys out
for baseball. Provided
the weather was
cooperative, they tried
as best they could to
defend the Regis field.

Back in action once again was the baseball team. With 19 returning players and nine new faces, the team was a bit smaller than in previous years, but held more potential than ever.

As of print, the season was only halfway finished.

There were hopes of an appearance at the RMAC tournament this year. However, there were many injuries this season. Both sophomore catcher Brian Wasinger and junior pitcher Dan Scholtec had the privilege of shoulder surgery before Winter Break. Sophomore pitchers Jared Salas and Andrew Hodge played, despite their injuries. Junior centerfielder Joel Burke was out for a few weeks from

By
Julia
Flauaus

a separated shoulder. Also, head coach Dedin suffered a broken ankle and had to coach from the bench for the majority of the season.

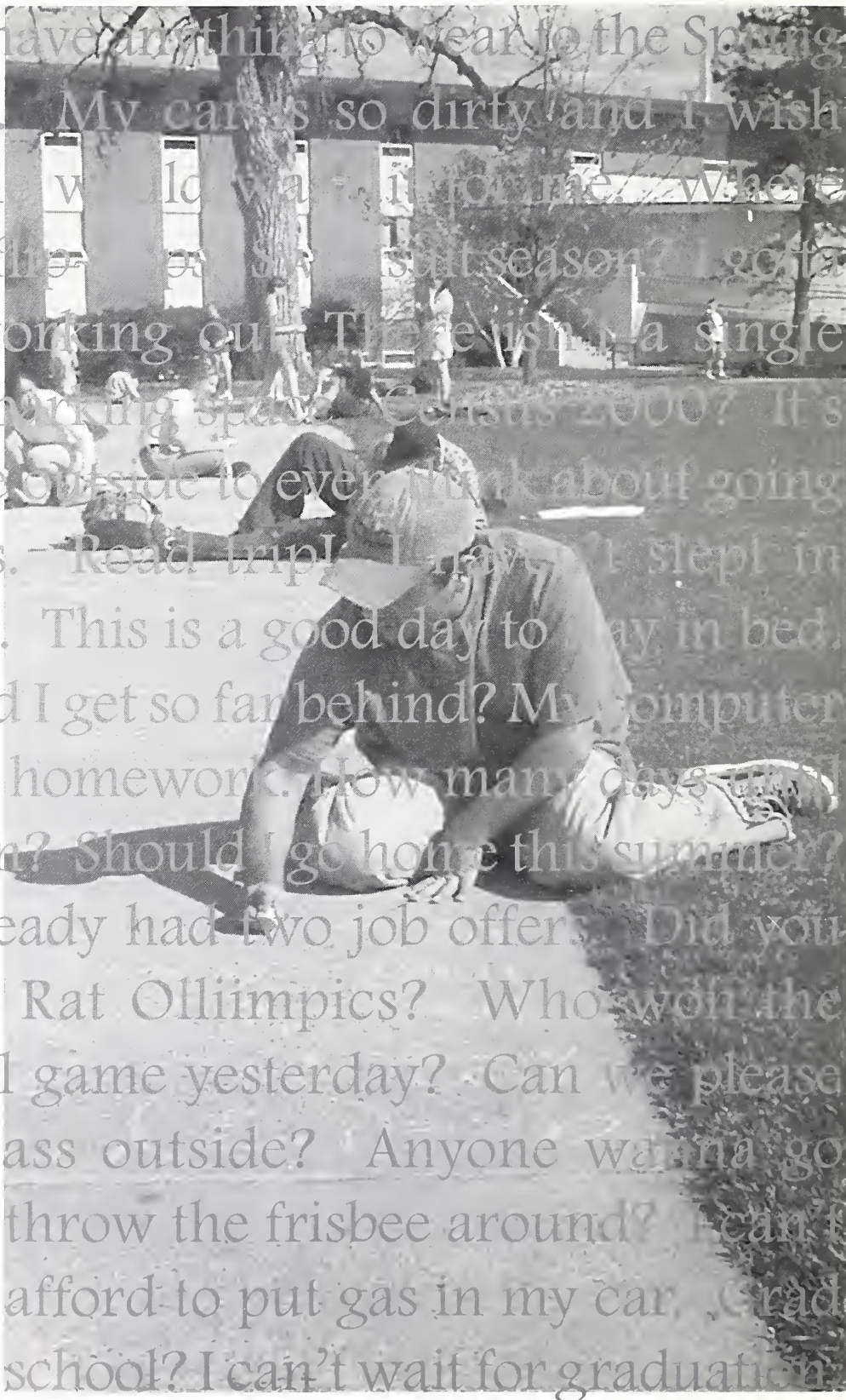
The season had a slow beginning, but started to pick up momentum as time went by. The players started to form a more solid routine

to their weekend adventures and daily practices. Transfer sophomore second baseman Hans VonDerHoffen brought a lot of action to the field, hitting numerous homeruns and consistently making the plays at second base. Overall, they formed a strong team, but lacked an abundance of energy from the pitching mound. Losing only one senior next year, the team hopes to fare better.

Sophomore Hans VonDerHoffen caught number 39 from Rockhurst off guard on second base. Photo by Arthur Bilsten



I don't have anything to wear to the Spring Formal. My car is so dirty and I wish someone would wash it for me. Where are my flip-flops? Summer season? I gotta start working out. There isn't a single empty parking space. Census 2000? It's too nice outside to ever think about going to class. -Read trip! I haven't slept in months. This is a good day to stay in bed. How did I get so far behind? My computer lost my homework. How many days until vacation? Should I go home this summer? I've already had two job offers. Did you see the Rat Olliimpics? Who won the baseball game yesterday? Can we please have class outside? Anyone wanna go throw the frisbee around? I can't afford to put gas in my car. Grad school? I can't wait for graduation.



The weather was so nice outside that freshman Joe Vasquez practices problems on the sidewalks in the quad, as part of Dr. Duchrow's Calculus II class. Photo by Jennifer Utt

Clips





What am I going to do this week
have not even started yet. All my
got into a fight with my roommate. Where
MY BOYFRIENDS COMING INTO TOWN. My parents
next to me tomorrow! The freshmen fight
have gained weight since I have
up on the scales. It's supposed
to be a power
I need to go go
grow in
minutes
my job
my sis
I've got to work out